FF.6.25.
SB.5

7625. In English, on paper: written in the 16th cent. in Scotland: 16¾ × 11⅛ in., x + 194 pages: in the original parchment cover with flap: stained and injured by damp.

A medical treatise in northern English, without title or name of author, in three books. Of these the first (p. 7) deals with physiology (*beg.* 'The four humors thair genering and habitatioun. Blwid is generit in the levir'); the second (p. 21) is a dietary ('Certaine gude regimentes extract furth of the booke callit The Regimentes of health'); the third (p. 39) is entitled 'Regiments for diseases of the bodie'. A table of contents is at p. 3; two prescriptions by 'Doctor Maccullo' have been added on p. 190 in the same hand as the treatise; and there are later entries on pp. 9, 190.

'Alexander Hendersone with my hand', 16th cent. Owned also by David Laing (*d.* 1878) and Sir J. Y. Simpson.

The second book is taken from the English translation of the commentary on the 'Regimen' of Salerno (compare p. 22 of the MS. with leaves 2ᵛ–4ᵛ of no. 3875), and much of the third book resembles Phaer's 'Regiment of Lyfe' (no. 3668), which is derived—ultimately—from the same source.

7625

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with autograph signature of David Laing

on 2nd page.

VIG

Sinnæ opse, mopia cupiditum.

Non qui parum habet, sed qui plus cupit pauper est

Non qui parum habet, sed qui plus cupit pauper est

Quae scripsi non habet, sed qui plus cupit pauper est

Quae scripsi non habet, sed qui plus cupit pauper est

Quae scripsi non

x (vel)

D. Laing

1a

Knowledge of Spittill.

Sputum is ye Latine word In Greke it is named prstina In Inglis it is named mannis spittill Thair be sex diuerss tymis ye Instrumtis of mans bodie To wit

Ane nekte and bissom spittill signifeis. that ye seiknes cumis of flewme

Ane Cald and bissom spittill lyke coad signifeis yat ye seiknes cumis of ane Melancolie Humor

Ane reid or zellow spittill and glassie signifeis yat ye seiknes cumis of Collor

Ane Grene or Ruddie spittill signifeis yat ye seiknes cumis of Blud

Ane spittill yat is nekte and not bissom or reid but indifferent signifeis Healthe

Ane spittill yat is fomie or frothie signifeis ane raw stomak

Ane spittill yat is lyke ye gulete of ane cat signifeis ane raw stomak Race and stab of digestioun

Dut

Nota

To braid ane secrete of ane Diseas of ony man

Tak ane zoung gyrfalp yat zit soukis ye mother and lett it nocht ye seik man nyt and day ye space of thrie dayis continuallie and ye thrid tyme the seik man sall tak in till his mouth and spew in his mouth then tak ye gyrfalp and slay and open him and ye dog yat of yat he eitis of ye man vnderstandis ye sall find the substance of his Diseas ye sall be informed. for certanlie the dog sall draw to him self ye seiknes and the Diseas yat ye sall die and sall draw yat by yat ye man be recoverabill And thus sall burn ye dog.

Musclos

The Musclos of mans body ar called ye moving cords and fleshly strings
wch by ye members of ye bodie ar moved to and fro, vp and dwn or turned
rownd. els for example.

If ye cloist or rightwayd dog move any of ye Lands and inclosing or moving
it wt ye right Land dog feell ye worst of yt Land ye still sensible pcabo as it
wer cord and cordis moving under ye skin ye wch ar called ye musclos in La-
tine Musculi

And note well ye seecond yt is many musclos and ffleshes in ye middis of
ye same yt is also abundance of flesh interminglid to ye musclos wt out cor-
ling attiring or knitting togidder ye musclos and yt not so bot they lieve vnfra mo-
tione.

libra

libra or pound is diuyd in twelf vnces Here ye sall note That those
Apothecaris vse ℔ for ane pound putt obi meed into yt modicumrid, for yat
is ye Marchis pund. The fourt pt of ane pund is callid quadrans in latine
The thrid pt triens The sext sextans, ℥ fore quadrans or quarterne
is ye breist of thre vnces. Twa of four, sextans, twa. Ane vnce makis
viij drammis. a drame, iij scrupils. And as ye condan practitionars sayis
& hardly cornis mak ane scrupils. Grane is ye breist of a grane. Manipulus
signifyis ane Landfull Here followis ye notes of yis breists

a grane	gr.
a scrupill	℈
a drame	ʒ
ane vnce	℥
a quarterne	oz
a pund	℔
Half	℔
And is vsid for weery ane	
ane Landfull	m̄
In number	n̄
a pugill	p.
Easse aprouid	℞.

a pugill is als mikle as any can cavis betwix ye tua formost fingers.

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THE FOWR HVMORS THAIR GENERING AND HABITATIOVN.

BLWID IS GENERIT IN THE LEVIR AND RE / mayn in the vaimis.

FLEWM, that is Natvrall, is generit in the Lebir, and hes no propper dwelling place, bot is mixt wt ye blwid to mak it thinn and tining

COLLER is generat in the lebir and remanis in ye bag of ye gall

MELANCHOLIE is generit in ye lebir and remanis in ye milt.

Nota

Melancholie and flewme falls wair to be bodemn of ye wrynall.

Of bonis in mans bodie

Hypocrates, Galian, Rasis, Aberrois, and Abecen, all thir hes opinionn that ye bones of mans bodie ar nūmbred to 248 and of thir most condonlie ane man sulld haue of teth xxxij vndir and aboue.

Nawirthles it chances sumtymes that sume thair be that want four of ye vndermost teth twa aboue and twa vndir and sua haue bot xxviij teth sume want thir in thair childhed onlie. sume till they be wery old and then grow and sum all thair lyfe.

To knaw the complexionn be the colloir

The flewmatik persone is gustlie collorid
The sanguinian is ruddie collourid
The collerian is brovn and tanny collourid
The Melancholiane is wann and pale collourid lyke eatht

The four hūmors in mannis bodie

Blwid, flewme, Coller, Melancholie.

The principall and best of thame is Blwid Becaus it is ye matter of mannis spirite In quhilk consistis and standis mans lyfe and operatiovn and is confortable to lyfe and is temperatlie hett and moyst Nairisches ye bodie mair then ye vther humoir and is callit ye tresure of natvre for if it be lost death follows is thairwt.

natvrall blood

Natrall blud, that is ye wayne blud is rudy and obscure and attrue
blude gall is ruddy and clere nat ont owtt saueur
Vnnatrall blude is that gall is mixt wt nt̄ser humor als ꝑson pt of ye
blude is putrifyed and ye subtile pt ythof is turnid into coller and ye gross pt
into Melancholie.

Quhen it is mixt wt melancholie It is gross and foull and of darke and blak
coller
Quhen it is mixt wt coller it is more subtile watery and thin and of cytrin
and zellow coller
Quhen fleame is mixt ȳwith it is inclynit to swytnes

In saueur
If it be mixt wt coller it inclynis to bitternes
If it be mixt wt Melancholie to sournes
And if it be mixt wt fleame it is warsh and ha no sauour.

fleume
fleume is nothing bot mdigestid superfluitie of mout and blud and
natrallie slyte and vnsauery and watery And to this fleume Natur
has grittin no proper mansion bot is to coller and melancholie bot makis it to
ren wt blude for it has ane nory nor similitude to blude

The vtilitie of fleume is it moyste and holdis wak ye joyntis and mem-
beris pat mouis moste that thay sal not wax dry throch ye slitt yat cumis of
thair mouing and rubbing

Lave fleume is generid in ye stomacke and entrallis and to avoyd it out of ye
stomak Hypocrates bidis us spew ilk monyth twyis Smityme ye fleume
is mengit in ye wayne specially in auld folkis for lak of digestion And
this is ye cause quhy auld folkis laggis at scollon And if one pryss ye finger in ye
flesche thair remanis ane hole or plott ythin specially todard evin.

Watery fleume is mixt with thair spittell that have euill digestion and thay
that be gritt drunkardis.

Salt fleume is causit be ye mixing wt coller and ythy maid lychter dryer
and sharpar
And thir is of tymis findin in ye stomakis that be fleumatik yat drink mekill
strong wynis and yat vse sharpe and salt meatis and cannot tollerabill thrist.

Coller.
Coller is ye superfluitie of ye blude and is gott of wynis and thair is twa wynis
ythof natrall and vnnatrall.

The natrall coller is subtile and gott and gois wt ye blude and makis it subtile
and gois in ye wayne wt ye blude making it gott and thin and able to pas throch the
vaynis to nurisch ye bodie

Vnnatrall Coller is ye fome of ye blude and is of zellow coller and gois to ye
bag nt̄ pyne of ye gall and thair remanis to infundis ye bodie of collerik superflui-
tie and to chenge ye bodie.

and if ye col-

And if ye condytt & passag of yᵉ be stopped the coller turnᵉ bak to
ye fabric infertiᵒ ye blood and generᵒ grefsel

Malancholie.

Melancholie is dreggie onlie and fyxe fferitie of blood.

Naturall. This being generit in ye fabric is dwydit in two pts of ye gall and yet en-
tered wᵗ ye blood & tomïnis in ye bayne and mak ye blood blak collᵒ-
ar and thick

Vnnaturall. The gross pt yof is conboyed to ye molt and ye remainᵉ.

This Melancholie is cauld and dry of kynd & is ye originall cauſ of
many diseaſes, as of canker, lepry, frenesie.

And is best buaeen be ther taking for it turnᵉ ye collor of ye skin
into blak or blay collor.

An excellent water for sore eyes

Take of the white wyld roſe water being 4 unce distilled one pound and
a half, of Celidon, fframbell ashes, and one of ebry on of thoſe waters being
ſeperallie 4 unce distilled after the maner following the ordor, after the ſo distillation
keep the parts alone by themſelues, & keep them in their ownᵉ waters a night
upon the ashes, then distill it off the next morning wᵗ a gentill fyre
Then take 4 ounce of Sutra & preparᵉ it thus, take some of the roſe water
& a lyte quantitie of good white wyne, then fyre yᵉ Sutra in a bruſable ſurk as
goldſmith uſe to melt gold or ſilber in, & when it is redd hott, quench it wᵗ a little
of the roſe water and white wyne, obſerving yᵉ qᵗⁱⁿ it is quenched, this do
ſeven or 9 tymes altogither, then take Cloves and ones & a half, white ſugar candy
a dramᵉ, Camphire half a dramᵉ, Aloes ſuccotrina a ſcruple, all thoſe muſt be
groſlie beatᵉ by themſelues, & mixt upon a clean sheet of white paper
& put them all in a fyne glaſs yᵗ will contain three ſcore ounces, yᵉ after put
yᵉ roſe water & a ſcore muſtard & a half of the best gairoigne white wyne above
thoſe ingredients in the glaſs, then stop it up bery cloſe wᵗ a cork, & ſhake altogither
at leaſt twice or thrice a day, for a moneth togither, yᵉ after yᵒ at this, put on drop
thereof wᵗ a clean pen in darke eye bery morning & evening, yow need not take
two drops at on tyme, for it is ſtrong, this water is the best I knew ſave for the
eyes thereby, for all kynd of dimneſs, cataracth or falling of the ſight, & it in
old or young

Custus gude wyf

Certane gude Regimentis for mang diseasis Extract and collect out of diuers authoris maist familiar and easie to be had in tyme of need.

To knaw ye complexionis be ye colloir of ye wryne.

IF the wryne be thick and red, It betakinis Blude.
If it be red and thin, It betakinis Colleir.
If it be thick and ȝellow, It betakinis fleume.
If it be ȝellow and thin, It betakinis Melancholie.

And efter ye taist

If it be sweit, it betakinis blude.
If it be soure, it betakinis colleir.
If it be ȝellow but sauour at watter, It betakinis fleume.
If it be salt, it betakinis melancholie.

foure ages of mán.	Youthed. Strenth. Age. Decrepitnes.
foure Elementis.	Eartl. Watter. fyre. Air.
foure Complexionis.	Blude. fleume. Colleir. Melancholie.
foure seasonis of the ȝeir.	Veir. Sommer. Harvest. Winter.

The twelf signis and of thair nature and affectionis in ye foure ages the foure Elementis and foure complexionis of man.

Aries,	Leo,	Sagittarius,
Gemini,	Libra,	Aquarius,
Taurus,	Virgo,	Capricornus,
Cancer,	Scorpio,	Pisces.

Of the ȝeirlie heit thrie, of ye nature of fyre and complexioun colleric hott and dry, conpirit to youthe and to strenth.

Aries, Leo, Sagittarius.

in ther thrie heit

Wther thre bone of ye Nature of ayr hott and moyst and complexionn sanguine compayrit to ye springtyme and to youthhid
Gemini, Libra, Aquarius.

Wther thre bone of ye nature of Earth cawld and dry and complexionn Melancholye compayrit to Harvest and age.
Taurus, Virgo, Capricornus.

Wther thre bone of ye nature of Watter cold and moyst and complexionn flegmatik compayrit to Winter and decrepitnes.
Cancer, Scorpio, Pysces.

The four seasond of ye zeir

Springtyme, — februar,
Marche,
Aprile.

Sommer, — Maij,
Junne,
Julij.

Harvest, — Augnst,
Septembr,
Octobr.

Wynter, — Nobembr,
Decembr,
Januar.

Four aged of man.

Youth from birth to xxv zeiris: And is compayrit to Springtyme.

Strenth indures to xlv zeird: And is compayrit to Sommer.

Age indures till lxv zeird: And is compayrit to Harvest.

Decrepitnes indures till lxxx zeird: And is compayrit to Winter.

The xxiij houre governis ye foure complexionis.

The houre after midnycht sanguine: then blude hes ye maistrie
The houre before noone colloer: then Colloer hes ye maistrie:
The houre after noone melancholie: then melancholie hes ye maistrie:
The houre before midnycht flegme: then flegme hes ye maistrie

Quhat etc of

Quhat pte of mans bodie ye twelff signes governe

Aries Regnis fra ye ffyft of merch to ye 20 of apryle, and governis ye face.
Taurus fra ye 20 of apryle to ye 20 of maij, and governis ye nek and thrott.
Gemini fra ye 20 of maij to ye 20 of Junij, and governis ye schuldors armes and handis.
Cancer fra 20 Junij to 20 julij, and governis ye breist stomak mylt.
Leo fra 20 julij to 20 augnst, and governis ye bak hart and sydes
Virgo fra 20 augnst to 20 septembr, and governis ye bellie and entrealls.
Libra, fra 20 sept^r to 20 octo^r, and governis ye navill reyns and haich pte of ye bellie.
Scorpio fra 20 octo^r to 20 no^r, and governis ye priuie pte genitalls togidder and fundament.
Sagittarius fra 20 no^r to 20 decembr, and governis ye thesid onlie.
Capricornus, fra 20 de^r to 21 Januar, and governis ye knies of man only.
Aquarius fra 21 Ja^r to 20 of februar, and governis ye leggis of man onlie.
Pisces fra 20 februar to 20 of merch, and governis ye feit of man onlie.

Nota the 15 page is markit thus ☞

It is to witt yat na man may mak incisiom nor lett blude of yat membr yat is governit be ony of ye signes upon yat day yat ye moone or sone is in yat signe for dout of ewer great effusiem of blude.

Quhit blude Letting

Lett blude at no tyme is bot ont great necessitie for it brings feblenes and many infirmities: In blude letting ye is twa things to be considerit and remembrit, ffirst ye age of ye pesone; Secondlie ye tyme or seasone, In sommer blude sulde to be lettin on ye nyeist syde, and in vinter on ye left syde.

The age

If it be necessar to lett blude of ane young pesone yat is ab^t ye 20 yeirs of age it sulde to be lettin in ye first or secund quarter of ye moone.
In ye middill age betuix 20 and fyftie it sulde to be lettin in ye secund or third quarter of ye moone. In auld age fra fyftie yeirs to death, it sulde to be lettin in ye fourt and last quarter of ye moone: Bot in verry young or verry old age blude sulde not be lettin, Bot nocht lee no law. Sua yat if necessitie sall do requyre, In yat cass nother ye seasone nor moone is to be regardit. Galian sayis yat no blude sulde be lettin before 20 yeirs of age.

Nota. Blude Letting for mans healthe must be done in one of ye thrie monthis may, septembr, apryle, Bot yit ar^t difference: for in apryle and may ye lobe wayne suld be openit, becaus then in yis tyme ye blude increasis: and in septembr in ye sklene wayne, becaus not inclose yat then in ye Larwest tyme increasis.

Lett no blude immediatlie efter carnall copulatiom, becaus of sonbill trubling of Nature, nor yit efter lang sickenes, except ye be corrupt blude, then blude letting is holesome, nocht in ouer Lett or ouer cold air, bot in a temperat seasone: for ouer great feirt makis strang resolutiom, and cauld makis ye blud thick.

Remembr thir thingis

To bath ye arme and in yat thrie dayis before ye blaiding and alsf lang efter and not ye same day, Ane to tak ane syrope or purge befor blaiding to prepar and dissolue ye humors, Ane to rub ye arme vpwith yat ye wayne may appeir and ye humor mair solnbill and abill to ascend easilie, Ane efter blude be sufficientlie taken bind ye arme vpwith ane humors cloth to stop forder ebacuatiom.

Ane lett no blude

To Lett no blude fastinge, bot first tak ane seft rosted egg and ane drinke of wyne about myne or ten houre before dennar and incontinent thereafter to lett blude: for ane emptie stomak retenis ye blude and suffered it not to issue. Lett no blude in ye beginning of sobrie for nature is worker of all thinge as sayes galian.

For blude in ceres

Aviecen sayes that two maner of folke sulde be lettin blood of, the ane ar they yat be disposed to be sicke that lakes abundance of blude in quantitie, the wther ar they that ar sicke alreddy throcht ye malice of humors or blude, bot with this difference. Gif blude be lattin for ye abundance of blaid, it aucht to be mobill, bot quhen it is done to evoyd ill blude, it sulde be moderat as galian sayes, and therfor they do wery ill yat lett yame self blaid till they se ye gude blude isse, for paradventure all thair blaid sall issue or they se ony gude blaid appeir

Commer collor meresse

And therfor they sulde evoyd bot a littill at once, and efter ye myne of galian in this caise before they lett ony blude they sulde gif hym gude meatte to ingender gude blaid to fullfill ye place of ye sicke blude yat is evoydit and efter yat in a littill space to lett blude a littill and littill, This is called direct letting of blaid for it is done to evoyd abundance of blaid and sick humors as sulde be evoydit.

Nota Harvest melancholie meresse

The garp or hoill maid to lett blude sulde be of a meane largenes that ye gross blaid may issue out easily for quhen ye garp is narow or straitt ye pure blude only gas out and ye gross abyde stik. And not that ye garp must be grit for thre causs first becaus yat ye humors be gross and gross blood man be evoyded at myans yat be melancholik, Secundlie in winter ye garp must be gritt for then cauld congeales and makis thick ye blood and humors, Thridlie for ye abundance of humors for they evoyd better gif ye garp be gritt yan quhen it be small. Als

Wynter fleome meresse

Quhen ye flewme is of waik strenth and febill the garp wald be small for dreid of ouer gritt abundance of ye spreitis and naturall hoitt, and bysyde it wald be in ane hoitt seasone and quhen ye blaid is pure and thin

Nota From sterp not be ye space of sex houre efter ye bleiding least ye sinnous ingrosed be sterp ischend to ye hird and hurt ye brayne and herst in ye sterp to turne hym on ye arme yat is lett blaid and yby hurt hym And lest ye humors follow to ye place of meresom and so breid ane apposteme.

Galian Also gif on sterp immediatlie efter letting of blood it causs contractioun of ye sinnous and braunis of ye armis.

Nota Also beware yat in letting blude ye mak not ye garp ouer drip lest ye hurt ane sennon or ane arteris string vnder ye wayne for hurting of ane sennone causs ane mortall cramp or los of ane member as ane arme or ane finger. And hurt of ane arteris string causs bludeing incurable And one aucht not to eitt meitt immediatlie efter ye is lett blaid bot sulde tary till ye humors be digest

Nota. Lett no blude at ye full mone

Abstene fra thir thinge following

Abstene fra meitt and drinke for corrupting of ye stomak Secundlie be ware of mobill drinking be reasone yat yan ye vayne be emptie and drie Thridlie efter all cold thinge als weill outward as inward as cold meatte, cold air, bathing, thin clothing, hard sitting, cold taking of ye fute or hand: for heand ye natureall hoitt is febill be letting of blood ye bodie wirk soone tak cold. Bathe in eleus air, and efter exercise labour.

nota letting

Nota. Letting blood sild not be mobill vsed for ofttymes yos ine dreamyng to ayr falle into diuers diseasis as spilentia, apoplexia, and palsy.
One woman monstruall or vt eyld sild not be lett blude as sayis hypocrates.
In ver or springtyme docebill quantitie of blude sild be abovdit for yan blude moves most.

Commodities of bleidletting.

It is nocht full for Idle and delicatt yoman yat feidis vell and ar grose on kind for yame yat lais abimdance of blood yll is knawin be thrinis of ye vryne and for yame yat abomd in melancholie for ye Ennoys melancholik abovdis vt ye blood and for yame yat abondis in ill Ennoys yll is knawin be mobill sweatting sperallis in ye morning and yat thay have gritt bolden vayne

Nota The four principall members vis ye hart, heid, leveir, fute, sild be emptid In ver, ye hart, in sommer ye leveir, in vinter ye heid, in lentrost ye fute.

Quant purgatiue

The mettest tyme to tak purgatiue is natyr nocht lett nor cauld bot temperatt that is from ye tent of marche to ye tuelf of Junij And forder accordyng to ye vorlds astronomicall It must be done quhen ye moone is in cold moyst and vatterie signis als in cancer, scorpius, pisces. Tak no purgatiue quhen ye moone is in Aries Taurus Capricornus.

In ver or springtyme is good to tak purgatiue becaus in yat sausone blude and Ennoys doys most grose and meyst

If ye vater be in ye stomak it must be purgid be vomitt, if in ye gutts be clysteris In sommer vse vomitt In vinter clysteris and purgatiue be ye bellie

Maistir commands yat for conservatiom of health no medicine be ministrit bot in springtyme and Lentrost, except nerd requyris.

The medicine sild be ministrit vt the fasting stomak, and that ye abstene fra mobill sallt meit sitt no meitt till ye medicine have vrocht his effect

Quoyd meatt of easill nurischment, sold vpon the kynd of meitt, sleip not quhill ye medicine vorke, gif no medicine quhen ye moone is nocht or about ye change.

The four ages of ye moone aggreing vt ye four complexiones.
The first quarter hott and moyst: comparit to sangwinian.
The secund quarter hott and dry: comparit to colleran.
The thrid quarter cold and dry: comparit to melancholus.
The fourt quarter cold and moyst: comparit to flegmatik.

Anent bathing.

Quhen ye moone is in Aries, Leo, Sagittarius, Cancer, Scorpio, Pisces ye is gude to bath. Bot Taurus, Virgo, Capricornus, is worst for bathing. See the 12 page at ye ✓

Gude for ye hoart

To use saffrone in meatis: to use mirth, ioy, and merrines, to use musk, cloves, galinga, maces, nuttmuggis, succour: bot speciallie use maces in all meatis

Evill for ye hoart.

To use mobill beanis, pese, leikis, onyons, garlik, Leadynes, angir, fearfulnes, grit bussines and occupatioun of ye mynd, To drink cold water efter labour to eate suddanlie evill tryngis or worlds affrayis ye hoart grittumlie.

Thir speces conforts gritlie

Maces, ye hoart. Musk, ye brayne.
Lytouris, ye luggis. galinga, the stomak

Gude for ye stomak

To use red rose, Cumyne, succour, sage, wormett, callament, to provoke vomitt ilk quarter of yeir, to stand efter meatt a gude space, to walk and trawell eathlie efterwardis, to use galinga, nuttmuggis, pepper, vinegir, and mesurable sleip.

Evill for ye stomak

To use all sweit thingis for thay gar ye stomak sooll to use nuttris, and auld cheis, mille, measell of beistis, nat be not weill soddin, grit use of vomiting, to eitt or thrie tymes in Lentrie, to eitt many smeirie kyndis of meitt as beistis, meall, evill barkin breid, to drink before thrist, to eatt raw flesh or fische, to smell evill stinking and sinowie, to be heavy in hoart or dowsit, to tak ouer grit thocht or carefulnes ouer grit trawell or labour, to louit or stoup doun oft, fryed meittis, to eitt soone efter a grit Leitt.

Thingis gude for ye brain.

To remove sweit thingis, and sic as be of gude odour, to drink wyne mesurablie to eitt sugir not ouer mobill, to keip ye heid warme ye nycht, to wash ye feit and handis oft, to trawell eathlie, to sleip mesurablie, to heir sweit and plesant sounis of musicall instrumentis, to use mirthfull

Evill for ye

Evill for ye brayne.

To eatt ye brayne of ony beast, to use gluttonie or dilicatnes, to soup laitt, to slip soone after meitt, to cum in unholesome air or in corrupt air, to be angrie, or in sorrowe, not to eat ye hid meitt, over gritt cold or heitt, to use mebill walking, to use mebill milk ches or nuttis, to sitt before appetyte, to use mebill onyonis or garlik, to use excessive exercise or steiring of ye bodie.

Gude for ye Eine.

To washe thame meiter watter, the beholding of grene colloris, to slip measive ables, to luik in ane cleir glass, to waist ye tyme and sitt of, to behold and luik upon gold. The watter of thir herbis ar gude for ye eine. Rordrosse borbane, zetts fenik, effrone, sellidone, ocnhis eristi, pynge nott.

Evill for ye Eine.

To use garlik, onyonis, leiks, to cum in ye reik or dust, to fast lang, to walk lang, to cum in cauld air, to use surfett or drunkinnes, to behold mobil bricht thingis, the immoderat use of all thingis, to slip soone after meitt, to eatt blaid oft, to use mait mebill popperit, ye excessive use of women, to cum nerr ober fyre, to weip mebill or greitt, to rub ye eine wt ye hand

Gude for the thrott.

To use lang and sweitnes, to use to chow hyssop oft, to sup soft eggis, to use sope in sropis or drinkis, to use tongzeance in meatt and drink, to use sueitnes and dry oft.

Evill for ye thrott.

To ly mebill on ye breist, to use mustard or pepper, to use sycht meitt or rostid, to use walking mebill or women, to speik or cry loud, to suffer over gritt thrist, to tak over gritt rest or ease, to gritt drauchtis at gamis or playes, to use to sitt warm and to tak cauld or gritt drauchtis, to use soure or sharpe thingis.

Thingis quhilk ane man may knaw seiknes breding

First quhen ane man may not sitt or drink nor hes not resonable appetyte, or quhen he hes no taist or sauour of ye meitt or drink, or quhen ane hes appetyte and may not eitt, or quhen it is long or ye stomak defyis and dygest ye meitt weill, or quhen ane doeth not his ordinar moderatlie as he aucht to do, or quhen one is pensiue and hevy bodyit in merry compayne, or quhen ane takis not his naturall rest and sleip in ye nycht in dew tyme as belongis ane wyse man to do.

also quhen

Alsso gyffen ye membrs be syckenes of ye hed armes bodie or leggis and
vther membrs or gyffen ye be hard on sleepe cannot be walkit easilie and lycht-
lie or gyffen ane vomitt eft or gyffen ye collour of ye face is pale or yellow
Or gyffen ye vrittis of ane sarid and vther membrs of ye dois not thair deu operza-
tiom or gyffen ane may nat labour or travell or gyffen ane is oblusione and for-
gettis lychtlie yat thing gyffill is nedfull to be remembrit or gyffen ane spittis eft
or gyffen ye nois thrichis dois abomd and avoyd sic fluxus humor or gyffen ane
is altogidder sleuthfull or negligent in his doings and bussines or gyffen ye flesch
is blaccen or scrollen in ye face leggis or feitt by accustomed manir or gyffen ye ane
is yellow in ye hed, And gyffe ye most of thir signis forsaid ar most infected vt
sanis

Signis schewing repletiom of evill humors

Repletiom is ane fulnes and abundance of evill humors and ane dispositiom
of sickines ~~and ar knawin be thir signis followeing~~ to follow Off quh repletiom
ye is nedfull to haue ane to purge ye said humors that they ingender no sorder
sickines And ar knawin be thir signis followeing. First gyffen ane man ly ouer gritt
and excessiue rednes in ye face his handis or nailis and sweing also ye nailis all
bolden full of blood or gyffen he blaws at ye nois eft and in gritt abundance or
ly plane in ye fowlyd Or gyffen he fellis gritt noyis and sounding in ye eares
or gyffen ye ene wattirs eft and ar full of grimy matter or gyffen ye memorie or
vnderstanding is trublit or gyffen ye pulss stryks eft or by measure or gyffen
ye hollie is long resolvit or lax or gyffen ye syght of ye ene is dim and trublit
or gyffen ane eattis and ly no appetyte.

Motiouns of ye membrs

Be ye hart ane be mouit to wisdome.
Be ye leuer ane be mouit to lustis.
Be ye braine ane lacis feeling.
Be ye mylt ane be mouit to mirthe.
And be ye gall to be angrie.

The hart hott and moyst.
The leuer temperat and dry
The lounging vnmeit.
The gall hott as fyre.
The splen cold.
The stomak dry and moyst.

Sua I end ane of ye

Inclinations of ye four complexions.

Sanguineau.

Blood molynd me man to be:

full of flesh,
liberall, bold,
amiabill, courtes,
lichtrond,
mery, inbouty,
and of red collour.

Flecmatick.

flecme molynd me man to be.

Throw formed,
me slepar,
dull of understanding,
full of spittell,
full of collour.

Colleric
Colleric molynd
me man to be.

Leyne,
Lustie,
Enbryond,
Cowstond,
subtile,
crwell,
awaicar,
forcedfull,
of hollow collour.

Melancholy
Melancholy molynd
me man to be.

Cilriond,
sollitarie,
soft spirited,
fearfull, sparie,
Enbryond,
Coustond,
and of blak collour.

Signes of death to know.

Tak me red onyons, cleif it in fore quarters, and lay it to ye sek manis nabill and my hand on ye morne tak it away, and if it holds ye natureall colo it is me gude signe, gif not me signe of death If he chance ye left or lest not ye zyeft sy signifie death schortlie, gif me ye pinsis of ye zyeft arme and if it trabells not me ill signe.

Tak ye sek manis chatter and lett me woman mell his pape yron, if ye milk falls to ye ground, me deill signe, and if it sticke aboue me gude takin: Or mix ye sek manis chatter wt me womans milk yat ye me knaif barne and gif they mix togidder and gude signe and gif they ga sindrie me zeik takin

Anoynt ye sek manis soles wt me pith of ye schatt of kabone syne cast it to me sonne, gif ye sonne bitte it, a gude signe and if he forsek it me deill signe.

Evident takins.

When ye brouis fallis doun, ye nob of ye nois schois sharpis, ye eares waxis cold, ye me schaip hollois, ye chin fallis, ye lippis growis blak ye nois tyn lis, me young man in walking, me old man in sleping, ye young mans members cold against nature. When yis signes appeirs seik for no hyse bot ye me

bot ye me

Putt ye rod nettill in ye sorde mans watter Lett it stand xxiiij houre, gif it holde ye colloure, ane taikin of lyfe, gif it faide ane signe of deathe. gif ane man be sicke marke and behold weill his eyis gif ane he is sleipand, and gif ane gleyte thing appeir betuix ye ey lidde, gif he had na greit lace nor resset na purgatione Lattin before, it is ane weirdout signe of deathe. Some philistrouns say yat ye Images gif ane sie in ye eyne be not sene in ye eyne of ane yat dis thrie dayis afoir, and gif they be not sene is ane weirdout taikin of death.

Of scoatis gif be naturall and unnaturall. Thair be twa kyndis of scoatt is ye one is naturall and ye nyf unnaturall.

Thair be twa kyndis of scoattis, ye ane is naturall and ye nyf unnaturall Naturall scoatt comis of itselfe, and thair ane man scoatts ouer all his body and his netherm[o]st pairt is warme, and yat scoatt is warme, and yat man wantis not paint of it, and he reistis better of it ye[s]ter nicht and is lychtar nor he was afoir, and this is ane taikin yat he is full of humouris and yat nature wald haue yame expellit out, And for sicht ane man scoatting is gude and holesome.

Ther ar also naturall scoattis gif ane man gois in sott forist or stanis gif be not ouer sott, and yat ane man begins to scoatt or gif one battis in watters yat be not ouer sott and begins to scoatt about ye lord and eyne this suld not be reserued for it is holesome. Or it is ane naturall scoatt gif ane man labo[u]ring mesureable and is not ouer sur heatit or chaffed ye[r]it scoattis reasonablie and thir scoattingis ar gude and holesome for they dryue ill humouris out of ye flesch.

Vnnaturall scoattis.

Vnnaturall and euill scoattis it is yat comis toward ye euening and is cold and yat watters only about ye heart, the same alth[o]t it be not gritlie to be ist and Bot gif ane man tak ane greit distrus or febilnes and ane cauld scoatt breks out only about ye nois yat is a worry dois his signis and speciallie gif ye nois thirlis oppins stranglie and yat ye nek of ye neis wantis sharp, Bot gif he scoattis only about ye heart, Ye is sumtyme ane taikin that ane man is worry contrarie to his nature and yat ye heatt is mekard in ye bodie and nature out of frame and yat ye porris yat ar ye Instrowis of ye sweitt ar stoppit gif by nature is not strong anewch to dryue out ye scoatt throw ye skyn. Besydis yis yai ar naturall scoattis gif ane man scoatt meikill aboue day throch greit labouris and exercise of ye bodie and yat comis of abundance of monstrus ist in ye bodie of humouris yat is wald be expellit.

Thingis gude to caus scoatt ist out dangis.

Commonlie maikis soddin in watter and putt in ane cloit trib and ye some yof wasscheit vnder is gude and holesome to prohobe scoatting. Alia.

Also fenkill perny roy all Eonyte Brambirspe Sage ye flouris yof small aches ocimus cristi Lassingis all thir ar gude to be vsed in bauthis to caus scoatt. Alia ye leafis and flouris of elder trie ye leafis of laibi of illane and Lundfull putt yame vnder ye patients setteris gif him ly or his bab ydoy and he sall scoatt. Alia Seith nettillis in oyle of mullis and yis[t] inoynt ye bodie weill at euin yat it may sute throch ye schin and efter his sleipe toward ye morning he sall fall a scoatting. Alia Tak rose salt vnnyonis mix yame togidder and yis[t] rub ye leafis of ye hands and soillis of ye feit quhen he goes to bed and in ye morning efter his sleip he sall scoatt. Alia Rub ye patients bodie all ouer fra heid to feit ist and sott round kuding clayt wery weill than keip him warme in his bed than tak als meikill grund in pepper is with hy[n]y on ane grott and mix it ist half ane glass full of vnnyonis and als meikill oyle olywe heatt yame weill on ye fyre and yis[t] inoynt all his bodie ouer eyne ouer him weill in his bed and it sall gar him scoatt and goe weill to ye stoill alsso. Alia fill ane pitcher full of sott playing watter and sett it in his bedfott and tak ye soillis of ye feitt cloit to it and gude spice and it sall prohobe scoatting.

of mans wyfe

Of mann̄ Dygestrom

Dygestrom is ye sege or mater yat goes fra man. for it is necessarie quhen ye meatis yat ane man does eatt be dygested That yan ye does tyme yrefter ye groiss mater yrof be egestet And it is to witt that be ye Dygestrom or mater Elisitrom̄ sarkt Lesmed Lacc and gritt notrisom and knawledge of mann̄ infirmitis, for some men be Lacatiue and some men be costiue and some men be mdifferent betwix. The causs of unsyte egestrom̄ is yat gyloscocz Ee be yt does eatt littill meitt and is ane small ermbar Eis egestrom can be bot littill in quantitie. Bot gyloscocz does eatt ye meatt groslie and yan does Laik Lesyte egestrom̄ yat Lesom can not leif long in gud Lealth ytout infirmitie. Therfor Let no man leistenyie nor hold Eis egestrom nor abyde Longer nor Ee be yrb provokit be nature to expell. And if Ee be constippat tet, Lett him use clysteris ꝺ suppositor and nyt gentill purgac̄ions

A preface to knawledge in Dygestrom

If ye meatt comes fra ane man undigestet as in a manner ye did eatt it Eis dis-ease is called Lyenteria, flux, And signifies yat ye stomak is waik and ye bowells lubricated and ye denis or faldings of ye stomak slidden and may hold nathing And it is ane euill signe. If ye egestrom smik not it is ane euill signe.

If ye egestrom be colloꝝ as Lyke ye Lees of ye earth it is ane signe of death If ye Dygestrom be colloꝝ as Lyke Lead it is ane euill signe. If ye egestrom be blak Lyke tratt-tillis it signifies abundance of coller adustet and pane in ye moth If ye egestrom be yellow and eatting no saltness befor signifies yat ye bodie is repleit wt coller and extreme watter. If ye egestrom Lake streymis of blaid yt is impediment in ye Leuir and bowells and yis distas is called Dissenteria And if ye egestrom be blaidie yt is ulcerac̄ion or flaying in ye guttis If ye egestrom Lake Lyke ye skailings of gonttis or wastenyis of rak flesh bewar yan of ye extreme flux and debilitie of ye bodie. Nota That gif ane man be ouer Lacatiue and long continuing it is not gude for him sic Lesons can be no strouth bot gritt wairknes Or gif ane be lang costiue and Lake ye naturall operac̄ion of ye wombe Ee can not continue long in Lealth wt ont gritt seikenes.

Making and gifing of clysteris

First ye herbis yat ar to be putt in ye decoctrom suld be sodden in clene watter fra tyme chopin sodden in till ane chopin syne drawin throch ane draught cluth tak ane chopin yrof syne tak tua spounfull of Lein allmoblill oyle oliues tua yelkis of eggis wt ane quantitie of salt temper yir togiddir putt yame in ye de-coctrom gif yame ane boiling on ye fyre syne putt altogiddir in ye clyster spoutt and gif it to ye patient warm ye type of ye clyster suld be tyme or foure myles long and yan conduyed softlie in to ye fundament and ye patient suld preis him self to retene ane hold in ye clyster ane gude space yat it may work and mak operac̄ion ye better.

In default of herbis to mak ye decoctrom ye may tak ye wrig of ane possett or whey or ye broth of ane foull all sodden till ye flesh be consumit wt sic type tempis as ar thocht gude for ye diseas of ye patient.

The quantitie yat is gifin is condouthis ane chopin or yrby or Les or mair as ye patient is of strouth or abill

Herbis most

Herbis maist speciall gude to be putt myx decoctiom of clysteris

Maluis, Lupett, bettis, Smerdoke, violettis,
camomyll, marcialis, Senay, polypodij.

Anoit is to witt yat clysteris or grissim to Sull ysomis to purge humoris and prossus from sekines thai suld be putt myx clyster sic thingis as speciall sal purge ye humoris, collar or flecme, yat vnto ye patient is maist subiect.

All clysteris yat or grissim for purgatiue sald be grissim warme lang before meitt at morne or lang after meitt at euin ye space of thre or four houris And gif it be for diseasis of ye reynis or grauell ye clyster vald be grit in quantitie for making of thame mar or zinning myx bellie.

If it fall be grissim to stop ane flux it sald be verie littill in quantitie

Certane gude Regimentis Ootrack furth of ye booke callit ye Regimentis of Healthe.

FIRST He yat desyris Healthe of body sald keip and obserue thir eight rewlis following. first eschew and avoyd all grit charged thocht and care, for thai dois dry up ane mannis bodie causing ye spirit in desolatiom, for nathing is mair hurtfull to ye prosperatiom of ye Healthe yan melancholy and heidines. Eit nocht to corrupient and grossen follis yat be of cold complexiom, it is nocht full sumtymis to be angrie bat yby throch ye heit yair of ye coldnes may be moderated and they mad mair leyne and sonder.

Eschewdis to eschew ingyr for yat dryis up ye naturall humiditie of ye bodie and inflammis ye heart.

Thirdly to eatt and drink sobrelie for excessiue eatting and drinking makis ane man dull lyke and sleuthfull and grithis hurtis and febilis ye stomak.

The fourth is to kemb heidlie for mekill meitt taken at euin engendris gnawing and pane myx bellie and cummis nocht myxt nycht ye meitt as experience teachis vs.

The fyft is to walk and moue easilie after meitt for yat causis ye meitt discend to ye bottome of ye stomak and makis gude digestiom.

The sext is not to sleip schortlie after meitt for yat causis ill Healthe, and avoydis diuersis infirmitie.

The sevint is to mak watter als oft as neidis for gif ane ostruct or holdis his watter langer nor requyrit sall anoyd it in grit pane. And lykwyis gif ane keipis his egestiom ye is ye draggis and superfluitie of ye meatt langer yan nature requyrit, it engendris many inconvenients and generis spittal and, ventositie, yat of cummis many grit diseasis.

The eight is yat ane man bring his passment and accordyng ye ordir and skill of ye bodie, sald not constreyne proud or force ye fundament, for in sa doing many engendris ye Emeroddis and vther diseasis in ye fundament.

Thus so obserue yow ordour foirsaid in thy lyf long to guide Healthe.

Here ye author teachis thre thingis.

First to leif ioyfullie and merrelie for mirth and ioy dois prolong ye lyfe and makis men to be lusty and young lyke and abill and quick of ingyne. prouyding yat ioy and mirth be moderat and godlie not mekyt to lust and filthines of ye flesche bot leif full and honest and avoyd all occasiouns yat provokis melancholy.

The ferme is tranquillitie of ye mynd and peace in conscience, for gryp-
is gritlie occupyit upon worldlie bissines can haue na rest in mynd and altere in mast
mans persone and mak him seone to grow vnlustie and oldlyke.
The third is to vse moderat dyett and to eitt and drink moderatlie for of excess of
eatting and drinking ar generit many infirmities.

Heir ye Author teachis sex gude rewllis q^lk^ conforts ye
brayne and ye members of ye bodie.

First quhen ye ryse in ye morning ye^r^lie to wash ye^r^ eyis wt clene cold watter
for ye eyis wold be washed to clenge fra ye ordour and filthines yat hingis on ye
ey lidis for as aberon sayis it is a most soverane gude thing to clenge and mak
sharpe ye sycht of ye eyne to open and pluntge tyme^s^ tymis in clene cold watter
and yat conforts ye sycht specialie in ye morning folkis for ye eyne ar of cold and wat
natur and yfoir it aggrees best to wash tyme wt cold watter and not wt hott.
The secund is to wash onr handis wt cold watter in ye morning and not wt hott wat
for to wash onr handis wt hott watter engenderis wormes in ye bellie and specialie if
they be washing wt hott watter meontment efter meitt for yat makis vnye syte digess-
tiom q^lk^ is ye chief cans of wormes breding.
The thrid is cun a little stor and more lither and lather grein ye ar risin fromt
so yat ye suxflantie of ye stomak gutte and coeir is ye gross mater of ourtyne
may be ye more spedelie thrust dom and wayded.
The fourt is competentlie efter our slep and rest to extend our
armes leggis and vyris membris yat ye lusklie spreitis and heatt may erin to
ye vtter parts of ye bodie and so cans ye brayne be more quick and subtile.
The fyft is to bame ye hedmark in ye morning yat ye pouris of ye hed may be
oppinit and to ansuyd ye vapour of ye brayne. for bayning of ye hed is verie
holsome and specialie for ageit men and yfoir me suld dryis and oft bame hid
heid for eft bayning drawis vp ye vapouris and dryvis it from ye eyne and is
gude for ye sycht.
The sext is to wash ye teith and purge tyme from ye filthines for of ye filthi-
nes of ye teith generis vapors q^lk^ greitlie anoy and hurt ye brayne and forder
ye filthines of ye teith bound minglit wt ye meatt cauis ye meatt to corrupt in
ye stomak and putrifie Aberon teachis and gude regiment to keip ye teith from
pane and stinking That is to wash ye mouth ille morneis treyse wt vryne q^n^ ye teith
of stryps is soddein and quhosoever vsis ye decoctiom sall neaver have ye toith
worke and it makis ye breith sweit also.
The seavint is to keip our selfis warme efter bathing and scratting for yon ye
pozis of flesch is open and yat enteris in ye cuetis in mans bodie and generis mony dis-
easis.
The eight is quhen we have taken our repast dener or supper we must stand vpright
vp on our feitt ane space yat ye meitt may discend dovn to ye boddum of ye stomak and
to walk and move softlie for yat causis guide digestiom and haistie and excessive
moving and trabell suddantie efter meitt dryves ye natrall heatt from ye interiall
or inward parts to ye outward and so is cauis of ill digestiom.
The nynt is yat man of cold complexiom suld not marie yame suddantlie bot be littill
and littill for suddane chinge fra greitt cold to greitt heatt suddantlie hurtis natures ho supp-
galoan all strong thingis and of extreme natures hurtis ye body.

Heir ye auther

Here ye author teachis four inconbenients yat comis of
after noone sleip.

ffirst after noone sleip causs and engenerd fevers be reasone of opillacoun and rabill
Digestioun, for digestioun be day is bot slaw and febill for ye naturall Heatt of
man wch is caus of digestioun. in ye day draws to ye outward pts And yfoir ye mt
wlen ye naturall Heatt is inward is ye pfyte tyme of digestioun for ye undigested
and raw Humors wz ye caus of opillacoun wch is ye caus of engenering of fevers.

Secundlie after noone sleip caus ye man to be dull and sluggish in his operacoun
and bussines for gross and undigested Humors caus mans spritis stacklie to move
ye bodie for as a subtile quick spritt caus lychtnes of ye bodie so a lumpe or
Heavie spritt caus a sluggish and Heavie body.

Thridlie after noone sleip engenerd Hard ackis for of ye gross and undigested meitt
yat remanis in ye stomak gross vapours ascends up to ye brayne wch trublis and
grivis it and is ye chief caus of Hedwarke.

The fourth inconbenient yat comis of afternoone sleip. Is ye powrs and roome
for rooms be Humors wch rin from one place or members to anothir and as they
rin from one place to nother to divirs members or pts of ye bodie so they Hais
divirs names.

ffor when ye roome fall in ye Hyckis they be called Catary.
And when it fall in ye ches they be called Branchis.
And when they rin to ye noise they ar called Corriza.

The caus of engenering of fevers

And besyde thir resons of ye diseasis foirsaidis there be many uyr resons mor
effectuall The caus of ye first inconbenient of fevers is wch sumtyme ar callit
putrifiod fevers and sumtyme fevers effemeras, one fever effemera is generit
of vapours and thick fumis wch ar generit and ingendrit after ye after noone sleip ye
wch ye abstenning from sleip ar wont to consume And galian sayis yat yir fevers
effemeras come from fantnes, drowsines, anger, furiousnes, indaid sorow, or displea-
sure or uyr inconvenient cairis of ye mynd And ye fevers wch com be misdiamoun
of ye principall members ar of ye same kynd thir fevirs ar soone cured wt ye bayn=
ing and customable dyett.

The putrifiod fever is generit of ye Humiditeis of man undigested and augmentit
throch after noone sleip And galian sayis yat fevers ingenerd of corruptioun of
Humors ar called putrifiod fevers as said is.

Aboven allegis many uyr inconbenients yat com of after noone sleip wt ye gentl
ye pass for ye wak Humors they be ingenerd wch be operacoun and moving in ye
day ar wont to be dryid up ar be ye after noone sleip augmentit and increasit
in mair abundance.

The fourt is ye colour and corruptioun of ye face throch ye watrie Humiditeis
yat generis lyke unto mans uryne is mingled wt ye bleid and caus ye face
to schaw and wax pale.

The caus opillacoun of ye molt and stoppis ye absorbing of melancholy Humors.
It mollifies ye waynis, It hinders ye appetyte, it engeneris apostomis.

Aboven sayis yat ye be tua speallis to proue after noone sleip to
be Hurtfull

The first is ye day rest is soone corrupted bicaus ye Heatt of ye soume ye day
draws ye naturall or corporall Heatt to ye exteriour or outward pts of ye bodie
Bot ye myctis rest does clene contrarie, for it draws ye corporall Heatt of man
to ye inward pts wch is ye originall cause of pfyte digestioun And thairfoir
they yat wald sleip and rest yaime on ye day ar comandit to sleip in dark places
and not in ye soune.

yat not wt standing

Yit notwtstandyng yat after noone rest or slep is dispraysed and ye myght rest fruitlie prayssed and condendit nocwer ye is yat slep alls is taken myd morning thow houre before ye sone rysyng and alsso lang efter is not to be dispraysed cld Lypocrates sayes slep conbenient and naturall taken by nyt or by day is allowabill als said is bot contrarie is Evrt full Bot ye morning slep of all ye day is least to be dispraysed.

Albeit ab Bartrucius sayes yat day slep and after noone slep be mykit be old doctors yit it is not altogidder to be blamed so it Lakes yr fyres condre mus ffirst if it Lakes bene customablie vsed.

Eschewdlie yat it be not moderatlie taken after denner.

Eschudlie yat ane slep not wt ye yeid tyme bot Lang sittyng vp.

ffordlie yt ye slep not lang.

The fyft yat ye be not walknit suddanlie and forcybly bot wt gritt moderacion.

Now ye author declaris yat inconbenients fall be lang holding of vnid in mans bodie.

The first diseas is ye cramp for ye bontositie of ye bodie cumis oft tymes ye Joynts and vaynes and fillis yame wt vnid of ye q^lk cumis ye contractioun and drawing togidder of ye vaynes and senous.

And ye cramp is diuerss and is causid be replecioun and cumis of fulnes q^r by ye membre is maid schort and gritt and sterymyng togidder lyke ledder or ane stif cord or string becaus of ye mater q^r wt ye membre is replenyst and this maner of cramp comes suddanlie.

Clare is ane vyd maner of cramp and is lyke ane cabroun q^lk constreyns ye membre efter his length and largenes to crenpill togidder lyke as it wer perchment cassin in ye fyre and yis maner of cramp comes sodanlie

The secund diseas is callid ye Edropsie ane materiall diseas generit of ane vnry cold humor or mater q^lk entris and inflattis or swellis ye membres or placis of ane mans body and is generit for defaut of digestioun in ye stomak ye leuer and vthyr places about ye bellie for Edropsie nocwer engenerd bot quhen ye leuer is corrupt be resson of ye blud and ye be thre kynds yof named, Ipofaira, asclides, tympanites.

Tympanites is engenered of ane ill complexioun be coldnes of ye stomak and leuer and will not suffer mans meatt or drunk to be conbertit in gude humors, bot turnes yame into bontositie, q^lk if they be not alloydit be rystyng be sweatt or vthyrwayis they will stop ye vayes of vnyd ance and yr bontositie bound gadderit togidder betuene ye places of ye bellie callid Mirac, and Epiplac, and thay engener ye Edropsie.

The thrid inconbenient is ye collyke a perelous and pnicious diseas it is engendit in ye gutt namit colon, lyke is ye diseas callid Iliaca, is ingenerit in one of ye guttes callid Ileon, and yr tua diseases ar engenerd be bontosities closed in ye guttes.

The fourth diseas or inconbenient is ye lord ache callid in latine bertigo, q^lk makis ane man in to trow yat ye warld and all thyngs turnes about. The bontositie q^lk astrid to ye brayne and nocht yame wt ye lyuelie spreitis cumis ye said diseas callid bertigo And as ye terme dertaris is a turnyng or a sowndyng in ye hed Galian sayes yat thay yat Lakes yis diseas is soone affrayit or astonyed and wt a littill turnyng about thay will fall down.

And abone

And Aboven reherssing yat inconvenientis yat wyrkis And he sayis yat ventositie Corrupit long canss And engenerd ye collyke be rossing thay ustend And gadder togrid febling ye guttis And sumtyme thay engener Adropsie sumtyme darknes of ye sycht sumtyme ye mongrum sumtyme ye fallny veill And sumtyme it rynnis in ye Joynts And generis ye crampe.

A lycht supper.

Heir ye author teachis vs to mak a lycht supper at even for mekill mentt at even Lettis mans naturall rest And canss sle vne And thrawny in ye bellie canss ye face to brek out And canss me to Lache And Lowis Lord in ye morning And vne veill savourit breath. And it is to be knawin gif ane man sald eatt nain all dennar or at supper.

Ye is to be notyd yat efter ye quantitie of ye bodie nain or les mentt is condemiet at supper or at dennar for after ye bodie be laill or sark gif thay be sark after thay melyne to materiak sarknes or vnnaturall, gif ye sarknes be not causyd thrw sum Ennor ane may eatt ye nain at supper becaus in sick sarknes nature only endevoris to digest ye mentt gif ye sarknes be materiak ane may eatt ye mor at dennar And he yat can not be satisfyed vith ane meake meday becaus he is nocht wonnyd accustomed he sald drawyn his mentt in thre pairtis And eitt twa pairtis throf at dennar And efter temperat ~~Confytur~~ ye thrid pairt at supper be rossone ye Lytt of ye bodie q^ll Be rossone ye Lytt of ye day q^ll canss digestrom rynnis vith ye naturall Lytt of mannis body yat is in ye day twa sundrie Lyttis to Lyk digestrom thir ye Lytt of ye sone And naturall Lytt of ye body bot it is not so in ye nycht And yfore ane sald eitt lis at supper nor at dennar.

And thay yat ar strong of body rank And gross of complexiom And yat labouris gretlie vith yair bodyis may fynd mor grastlie for ye labour And exercise of ye bodie Helpis digestiom.

Thay yat travell mekill as in rydyng And going about yair partikler bussines sald eitt mor at supper nor at dennar becaus ye accustomed gritt travell vald not suffer ye mentt taken at dennar to digest bot dois corrupit it And yfor for sick folkis ane larger supper may be sustenit Bot to yame yat travell easilie be ye nay to eitt mor at dennar nor at supper is best And lykwayis for yame yat be subiect to sarknes.

And it is to be remembrit yat vse and custome in eatting mekill or littill at dennar or supper sald be regardit And nocht ffor custome is gude And necessarie for ye haill of bodie And to exter sarknes as sayis galen, ffor sudden chainge of custome is verry Ennerous And hurtfull specialie in aged folkis for nature can not beir nor fit sus for sudden mutatiom. Bot as galen sayis ye alteratiom yat is done be littill And littill is sure inewch.

And thrid it is verrie proffeitt yat ane eitt mor at dennar nor at supper. And if ane man culd be content ane vse repast in a day it vir better to tak it at supper nor at dennar so yat ye ressone be not disposed in ye eyne nor in ye brayne, ffor than it vir better to tak it at dennar nor at supper ffor gritt repletiom at supper hurtis gretlie ye brayne And ye eyis. And it is to witt yat all maner of repletiomis hurtis ye stomak And engenerd opilatiomis, fevaris, lepry, putrifactiomis, And vndigestit Ennoys. And be repletiom ye gritt eittar augmentis not yair bodie for he digestis not ye mentt gretlie bot he yat eittis moderatlie keipis vp appetyte And mereis yair body for he digestis yair mentt for vndigestit mentt nurischis not bot turnis to corruptiom And putrifactiom. And it is Ennerous to eitt sick mentis as ye stomak detestis And abhorris for sic mentis profeitt not bot hurtis gretlie And is best to be avoyded.

And yfor abou

Ane therfor above all thingis gritt repletioun wald be eschewit for sindrye of gritt repletioune of meitt or drink ȝe cummis strangling and suddane deathe. Quhilk ȝe for we suld not grif ȝe stomak ane subcharge bot leif nature appetyte sperallis thay yat have strong and gude appetyte Bot for ȝame yat have febill appetyte for sic we best sindrymes to eit abone ȝe appetyte.

Here ar certane condandomentis ȝe quhilk ȝe yat desyres healthe of bodye must obserue and keip mair deuche yan to eit or drink.

First eit nor drink no maner of meitt nor drink till ȝe stomak be weill and purgeit of all ill humouris be nowmyt or ony corbonment mayis. Quill no meitt till ȝe meitt last eattin of befoir be digestit and avoydit out of ȝe stomak. for nathing is more hurtfull to ȝe bodie yan to resave meitt vppon meitt yat is not weill digestit. ffor ȝe meitt last eittin sall help and hinder ȝe digestioun of ȝe first. And yair is two takinis to knaw quhen ȝe stomak is voyd of ȝe meitt first eittin.

The first is nane hungir, And for knawledge heroff meitt weill yat ȝe be two maneris of hungeris, to wit, ane hungir ane fowmyt hungir. Ane hungir is describit be galen in yis wyse saying, ane hungir is quhen ane man nedis meitt. Bot fowmyt hungir is ane appetyte to have meitt tho^t ȝe bodie have no nead ȝarof.

Abocen sayis no man suld eit bot efter ye hes ane lust and desyre ȝarto nor ye suld not tarry nor abstene ȝame quhen lust or appetyte desyres, quhilk if it be a fowmyt lust, as ȝe lust of drunkardis or sic quhais stomakis abhorres meitt. ffor to mane hungir long it dois fill ȝe stomak full of putrifeit and corrupt humouris. And ȝarfor quhasoever desyres ȝe healthe suld neuer eit till thay have a sure lust and appetyte; Nor yit till ȝe first meitt eattin be digestit and avoydit for nathing is more dangerous to mane body nor to resave meitt vppon vndigestit meitt.

The second thing yat signifies trew hast and appetyte or nane hungir is a sendar dreit precedent hast afoir ane quhen hungir followis ȝarvpon it is nane trew hungir.

ffordar ye sall vnderstand yat to eit meitis and of sindrie meittis at ane meale or repast all mingilit togidder is worst of all: as fleshe and fische: cheis and pese: and efter to prolong ȝe tyme in eatting and sit long at meatt. ffor ȝe meattis first resaveit begin to digest befoir ȝe last be resaved or be presentit on ȝe tabill and so ye ȝis of ȝe meittis be vnlyke or vnequall of digestioun. so yat ȝe first meat ȝat is eattin digestis, or ȝe last yat is eattin cum to ȝe middis of ȝe digestioun. And ȝis is ȝe cause yat sum ȝit of ȝe meatt corrupt ane ȝe sum. And ȝarfor Abocen sayis yat nathing is more dangerous yan to mingle diuerse kynd of meattis on ȝe stomak togidder and to prolong tyme in eatting and sit long at meatt, for or ȝe last meitt be digest resaveit ȝe first is nane weill digestit. Bot ȝit it is to be vnderstude to prolong tyme in eatting moderatlie vnto ȝe space of ane houre to thre and scarcly ouer ȝe meitt weill is to be allowed and helpis nature to ȝe constitutioun of healthe. ffor gude chesing and seathyng dois of ȝe meitt is half digestioun and ill chesing doe athor lett digestioun or ellis do grittar vnder it. Bot to prolong tyme twa or thrie houris at meitt is evill.

Here ȝe author declaris ten kynde of meitt yat genere melancholie.

The first is ȝe eattin of peasin. for galen sayis ȝe ill of yame and ȝe substance is soone corrupted and ar vtterlie ill speciallie if thay be eattin efter ȝour meatt bot if thay be eatten befoir ȝour meatt thay mollifie ȝe belly and do lee harme.

the secund

The secund is eatting of pearis. for pearis and gruallis all maner of grene frūit yat be rawe and cold fillis ye blaid wt watter, and if men eatt pearis they suld drink yrefter no draucht of gude ale or wyne. and soddin pearis be better then raw.

The thrid is eatting of apills, alle if they be oft eatten and in gret quantitie they cans pane mys sermous. Apills have ane excellt proprtie for they gener bon to stirue and this is to be vnderstandin specially quhen they be raw and not quhen they be soddin or rosted. And yfor all they yat have ane seiker is forbiddin to eatt raw fruitis.

The feurt is eatting of milk and yat becaus milk is lycht corrupted and turnis vnto fome or scharpnes on ye stomak and specially in yame yat be diseasit wt putrifi= fyed seuers or have ye lyerwart.

Yit notwtstanding milk is aggreabill in sum diseasis specially in yame yat have ye tesyke, feuer, dropsy, or yat be in a consumptioun. And altho wt in ye forsaid infir= mitis milk be blamed yit to yame yat be hole it is allowabill so it be weill digested in ye stomak and leuir. And galen sayis yat milk weill soddin does lycht mūrein and en= gener gude humo's. Milk is gude for temperat bodeis quha stomakis it clens from col= lerik and flewmatik humo's. And milk weill digested is gude nurischment to sick folkis and is best to be drokin fasting and hott from ye kow, And yi milk is best to la= bouring men. And yat milk is best of ye beistis fed in best pasturis and gautis milk is best to be chosin.

The fyrst is eatting of cheis and yat of all kyndis of cheis specially of auld cheis yat be hard dry and strong. ffor cheis is of gross substance and of hard digestioun and en= genris opilatioun in ye stonis and of small nurischment and is worse then rawe milk Bot betwene both, watter nowis nor old not tewch, nor brukill not ouer hard nor yit ouer soft, ouer sourit nor yit ouer sowre, nor vnsalt nor full of sute: bot of gude sauo= ure quhen it is cuttit, alle tarieis not lang in ye stomak and mend cowbenoutlie of gude milk sufficrentlie salt is gude and suld be chosin abone all vtheris. Ane furious at mirth wes suld eitt ane litill quantitie, for mekill ingurgitatioun in way of nurischment is ill dom= nyrsallie and hurtis ye stomak and will not digest and engenris opilatioun and stone in ye reynis, gross humouris in ye bodie and bontositeis. Yit cheis is best yat comis out of ane niggards hand and least in quantitie.

The feurt thing is salt mett dryed wt salt or smoke of yat kynd of beist it is rawer it be it engenris gross blaid and bontositie melancholie and is not holesome nather for hail folk nor sick. Aberdeen sayis yat salt mett nurischis bot litill and is gross and en= genris ill blaid.

The seuent is hard flesh alle kyndis of wyld engenris melancholie blaid and is euill and hard of digestioun.

The eight is hairis flesh alle kyndis of wyld engenris melancholie, blaid nane nor ony wyse. Nota hairis flesh suld not be eattin as mirth bot onlie vsed in medicine. And hairis flesh and hartis flesh quhen they be old suld vtterlie be eschewed.

The nynt is gaittis flesh. The tent is of flesh: for they be gross hard and loathe of digestioun, and quhen they be digested they engener gross melancholy blaid. And many hold opiniouns yat porke is lyke mans flesh, and mony have eattin mannis flesh instead of porkis flesh and I cannot nather be sawen nor taist bot yat it had bene porke. and Aberdeen sayis yat mannis blaid is lyke hoggis blaid. To yat yai have bene yat have eattin mannis flesh instead of porke alle was not of pryd tikis and mans finger was fond amangis ye flesh. (Nota

The ellevint porke nurischis gritlie, as galen sayis abone all vyr fleshis. porke nurischis most so yat it be wyld and brocht up in mountanes.

And nixt vnto porke is beistis flesh.

The chois of flesh yat is gude stands in thre thingis viz in temperature of complexioun, in eyght nes of digestioun, and in engenrurie of gude blaid. Ane sayis laid flesh is tem= perat in out ony ill mixtioun, and nixt is mutton and wedderis of ane yeir auld aramoir

Holsomer

Lobesome yan Lambes sodding. And it is to be remembrat yat flesk yat is metyrnd to dygnd sulde be soddin, and flesk yat is metyrnd to grimiditie and wabnes sulde be roistid and ydly to attemper yame. And yfore ye flesk of conyd, Lamb, Hartis, calues, and Kide is sulde be soddin: and porke and lambe roistid.

Here ye auther treatis of diuers best nurisching meattes.

The first is nese kynd eggis of all meattes in littill quantite nurischis maist for Abeton sayis yat thyre in smallest quantitie and greittest nurischment be eggis and colestome. And touching ye choise of eggis ye sall witt yat eggis of Lemis, partrikis, and plesantis tenny and fatt ar wery gud in ye regiment of healt and better yan eny vthir eggis. And it is yat eggis potchid be best and maist nurischyng and soft rostid better nor hard and of liehtest digestioun and thay engendir gud blaid specialle proportionabill to ye heart. Forthy be exceding gud for sik is be laitlie recouerit fra seiknes for aged folk and for nakit persones and specialle ye yolkis for thay be lychtlie convertit in blaid and littill superfluite remanis and yfore thay comfort maist specialle ye heart.

Bot or soft rostid eggis ar sone digestid and thay aris ye luggis and ye breist and molifie ye bellie temperatlie bot thay nurisch not samekill as potchid eggis.

Hard eggis soddin ar hard of digestioun and eggis roistid ar more gross yan soddin and mon hard of digestioun for ye fyre dreyis vp ye substance of ye humiditie and thay ar better soddin in watter yan roistid.

Therfore potchid eggis be most holesome and fryid eggis most vnholesome for fryid thay be fryit thay gender most ill humoris vnto ye stomak cause fumositie and corruptioun and gurris and loss of witt.

And as ye eggis of Lemis partrikis and plesantis be holesome and conbenabill. so ye eggis of dukis, geis and sicklyke fowlis ar to be eschewit.

The hob is temperatlie hott and ye gelyte is cold and clammy.

Wyne The secund is Reidwyne and here ye sall vnderstand yat wynis differ in yair colloris sum wynis be gelyte sum be clariett and sum be cytrone halfgolles and sum be blak. Quhyte wyne is feibler yan eny vthir colder and less nurischyng bot it dois least hurt ye hed and it dois mak mane to pisch more yan eny vthir wyne. And gude sayis yat gelyte and wyne hettis and suffumis less yan eny vthir wyne and last greivis ye braynis and nerrest hes least. And gelyte stranger wyne is best for yame yat be claggid and hott for it dois not fume nor causs ye hed to ache. It is best for yame yat sturis and is gude for yame yat have ane febill brayne and for yame yat hes hoit lever and stomak is hott.

Wyne yat is red of colloris is clarett be wery hott and thay nurisch mair nor vthir wynis and thay soone fill and replenisch febill bodeis yat ar emptie or voyd of substance.

Yit wynis of blak colloris may be called guttar of nurischment yan vthir for thay gif mair constant nurischment and be mair stowlie resolvit from ye membris. After ye opiniom of Abeton sick wynis ar gud for men of cold and fleumatik complexioun.

Wyne of cytrone colloris is not sa burnyng is red clarett.

Red wynis ar hotter yan gelytis, clarst wyne nurischis hes yarid and mair yan gelytis.

The thrid is scarpis maid of gud brothis of flesk, bot specialle of chekyns for sick bodeis ar wery lychtlie to mais nature and ar hir convertit into gud blaid and engendris gud blaid.

Thingis gat nurisch

Bread of qheit of all kynd of bread is most clene and does most nourish, and mak fatt ye bodie specialie qhen it is maid of nue qhete.

Unsalt sodden is sualie meitt and hard to digest bot qhen it is digested it nourishis gritlie.

Salt no bread yat be hard and nue baikin for it generis sumositie and is unsolesome bot ye smell or sauour of hott bread is gude for yame yat be melancolious.

The second is milk qlk efter ye mynd of sum doctors is to be understand of butter milk called odor, and condonlie called Balbuca qlk is nathing yat nourishis mair yan qlk milk qhen it is sopped in nue hott bread It may also be understand be gentle milk qlk nourishis mebill.

Nota ye braynes of all beastis for ye most pt ar unsolesome and ingrosse melancholie inhibit to be eattin.

The third is ye meatch of beastis brand rosit digested nourishis mebill and is lythie turnis in blood. Zit nebirtheles it destroyis ye appetyte and makis nue to tak laith of ye meitt and ysour abscon teachis yis to eatt it nt poppys.

The sonit is delicious meitt for sick maist specialie nourishis maist to hypocrates sayis and galen sayis that all sauory meatts gm and led a delectacion in gn so subtle it and is of ye stomak rasaueit and digested nt a more ferdent desyre yan ony uyd Bot if ye meitt be lothsome ye stomak will not abyde it. Quhairof ishouttis ablorring of meitt, inflationn, and rysing or kesting ar ingendred. And yis is ye cans qhy ye se sum mon loathlie fed nt corps and grose meitt yan nt gnid bicaus ye corps meatt is more delicious to yame.

The fyrist is kynd eggis qlk in small qn nutrito nourishis maist as is before spokin.

The fleit is ane hyde fyggis qlk throch ye sacrat nourishis gritlie and makis fatt. And thair is no meitt yat so strenthis nourishis as abscon sayis. That meitts of most nourishment most lyke and nair unto flesh be foggis yt ar hyde, haisis, daikis, and quent ye eldis of yame ye sall nott that ye qhyte figge is best, and thay yt be ryppest be best. And ye nolkest foggis ar gritter and better nourishis yan ye dry and dois sonar pas from ye stomak to ye lobir.

The eitting of dry foggis does engener lyce: The operacion of foggis is nocht lowd nourishing if thay be eattin fasting nt nuttis or almonds bot most eattin nt nuttis.

To chuse wynis.

Good wynis is to be chosin be yir fyve taikins. The first is ye smell or sauour of wyne of gud odour or standis multiplies or increasis and manis spreit and encrages ye nourishis will and engeneris gud blud bot stinking wyne is unsolesom for many natiris and does engener grose melancholie spreitis or ymmond.

The second is ye sauour, for lyke is gud sauory meitt nourishis better and is bett assaueit of ye stomak yan ony is lowsand, lyberyst does wyne.

The thrid thing is clerines or brichtnes qlk schawis ye purenes of ye wyne and so consequentlie of ye spreitis qlk thay engender.

The sonit thing

¶ The fourth thing is ye colloure. In ye colloure wyne ware gritlie differ in ye nearisht-
ment for ye reddrar wyne dois nearisht mair yan ye ghyte. And yfoir be mair holo-
some for leyne folkis yan ghyte wyne be And ghyte wyne be mair holesome for
yame yat be fatt. Bot yat lacis wairk brayne suld be war of drinking of strong wyne
except it be weill myst wt watter, for ye fumes ydof hurtis ye hed.

¶ The fairnes or pleasant colloz of wyne causs yne to drink it mare doucelie and
causs it to dygest and nearisth the better.

¶ The fragrant odour of wyne conforts most and gendris best humors. Wyne aucht
to be cold as tocheing ye taist, bot fott in effect and operatiom.

¶ The first thing is wyne aucht to be frothe and sparkling and wt ye sparrying to
mak a littill noyse or working and ye spume to be thinn and to remaine in ye midis
of ye cupe for if it mak no sound nor working is a tokin it is not frothe.

¶ Sweitt or dulce wyne or meitis albeit they nearisth mekill yit to yame yat ar
mekill giffin yis ware to be feared thre inconbemente to follow thrupon.

¶ The first is lothing, for all sweitt meitis throch ye feitt and moystnes dois soupill
and fill ye mouth of ye stomak and gener contrar dispositiom.

¶ The second is dulce fowiddis so sairlie inflame and turne into colleir, for
dulce and sweitt thingis ar most apt to ingener coller. ¶ Therfore lerne above all
vyt thingis dois sonest ingener coller becaus of all thingis it is most sweitt. and
nocht lerne is sweitt wyne als gude syre and therupon tryse tryst mas. Nor it is
not holsome for yame yat lacis ye fever, nor for colleirik folkis nather.

¶ The third is opilacione or stoppyng of ye leveir and splene, for thir tua membris
dois maist specialie draw dulce thingis vt ye draggis vnto yame. And yfoir sweit
wynes dois provoke me to pisse bot yin wyt wyne.

¶ Grauis yat meitis inconbemenly Dyet or sour and sharpe sauoris thingis ar nocht
holesome for vt ye burnes they provoke ye appetyte, and vt ye coldnes they ingene
or cole inflammacioun and vt ye fynnes of substance they open opillacioun.

And yit sweitt thingis dois ranstope ye hoggis.

And dulce wyne dois lest mak ane drunken.

And if ane wald drink wyne to stoken yis thrist then ye suld tak ghyte wyne thinn
and waik for sick wynes dois best coill and stoken ye thrist.

And if wyne be drunken to confort ye spreitt, then tak wyne yat be sweitt and of de-
lectabill sauour of meine colloure and sufficient strenth. And sick wyne aucht to
be takin vt a littill meitt.

¶ Bot dulce wynes of meine substance and of gud stance suld be chosen to sboure
ye breist and longis and to mak ane lasche.

¶ The drinking excessyue of ane wyne causs tua inconbemente. first it gener cos-
tiuenes and bindis wyt ye wombe for ane wynes faitt nocht yat nothing. And yat is
chief cause of costyenes in ye wombe

To yame yat lacis febill stomakis yat can hold nothing thin ane wyne yat be sim-
thing tart or stipty be aucht to be vsed.

¶ The secund is causs hoarsnes of ye thrott, quhilk ostymes cum be drinking of ane wynes
specialie neis insett wynes. Gif ane man be disposed to drinking of wyne ouerny
hott fra drunk wyne in ye morning agane, for ather drinking of wyne causs drow-
nes or thrist in ye morning, or inflammacioun in ye body. If it suffane ye bodie it
wer nocht holsome to drink wyne agane for it wer ane medicin to sett fyre to fyre.
Bot if ane drink so yat he be drobin and so ye brank or womyt, then it is best to
drank wyne in ye morning nocht fra yat, for ythrow ye hurt of ye drinking gois by the
wyt.

Ye yat is ar-

Ho yat is accustomed to drink wyne it does him ye hed Ewrt. And incais after drinking of wyne it seem, cum thristnes in ye mouth, then to drink wather is best to coill him.

Wholesome air is to be chosen.

Thirdly is declarit four things teiching ye chois of wholesome air to walk in. ffirst and nicht to chois ane clene air yat is not infected wt vapors or myst for wicked air does alter ye heart efter ye nature of ye complexiom yat it is mingled wt ill haly sines.

The second thing is out nicht to chois and lycht air for dark air makis ane man heavie and dull spirited, for sick air mingles it self wt ye humors in mans bodie and so being troublit in mind to ye heart and genders humors gross and troublous and so makis ane man lumpy and heavie. And yfore na thing makis ane man more inclined or nocht and ill heavie yan to walk in a fair clene air and to rysse airly.

The third thing is we nicht to eschew infected air That is ye sanctefier of peipill ill bene for condoubtlie nocht is placed thro infection of ye air pestilence ill bene generit yalk ill infected ye hail body.

The fourt thing is to eschew foull nyvis, poills, guttered and all wyd sic placed ill as carvons, or grein ill and corps or careadges of men or of beists deid by or deid follis bones ar castin togidder. or poills ye lemp or hint is wattered or stinkit. for ye air so infected does infect ye spreitis of our body and specially Ewrt ye brayne. ffor if we thrist breath draw in corrupt air it infects and corrupts in us ye natural Ewrt and spreitis. Therfore ye air wald be clene wt out vapors or mist.

The inconvenients follois yame yat be ost drunken wt wyne.

ffirst to be ost drunken wt wyne It corrupts ye heavie complexiom and mistird of blaid genders watterynes yalk cauis Idropsy. Or ellis it cuttis ye heair or ye humors yaf. And genders lepry or podrid.

It corrupts ye complexiom of ye brayne bestoweing of ye thrie fumosities yat ascend continuallie to ye brayne yalk genders frowsie, ye sailing scill forgetfulnes and palsy.

The third thing is wairdnes of ye sermond: for we se ost tymes yat ye drunkard loif ye chois in ye Lord and members allwerk in tyme his age.

The fourt is disease in ye sermond as ye cramp: for syclyke mond drinking of wyne oftymes turnd to wnger in ye stomak.

The first is ye palsy thro Immidriod of ye brayne yalk procedis drunkinnes of wyne bese engendor.

The sext is sudden death for ya ye drunkard snorris or stirpis his mid pypis ar closed, or stopped wt ye abundance of wyne and Immidriod gendred yaf. Quhy sumtyme he is sudandlie clobbit or strangled.

Thocht inmoderat drinking of wyne gender ye inconvenients: Zit wyne moderatlie taken is holesome drawes wayes.

Touching ye Regiment of wyne tonerning ye aged Aberon teachis ane gud reull.

To gif children wyne to drink is to ane wald lay fyre to fyre, ffor children ar tender and soons inflamit throch abundance of yr natural heatt for thair sermond and brayne be nature and febill yr four wyne Ewrts yame nocht replyed for gifen ane gif children wyne to drink ye inflaming heatt of ye wyne is addit to ye flaming heatt of yr bodeis yalk is of als small resistence as dry stibbles rods or todis ageanis ye fyre.

Not to me old

Bot to ye auld man may be giffin alss mekill wyne yé ye may gud lie bow to drink
but hurt or yé yé appetyte be seyed. ffor yé old bewtté yat be dry and schrympled ye
sooppit nt oyle. So lykewyss bene ye bodeis of old folkis be drinking of gud wyne
ffor auld folkis is cauld and wyne heatté, thair spreitis heatio and they be full of
melancholie, and wyne makis yame merry. And condonlie old folkis sleipis and wyne
makis yame to sleip mekill and softlie.
And to conclude Yé wyne to childrene is most contrarious.
So for old folkis it is most holesome.

Heire gud properties of aill.

First yat it be not sour for sour aill hurtis ye stomak.
Secondlie aill must be clair for trublit or drimly aill genera opilatioun or stopping
and is verie hurtfull to yame yat hes ye stone, and gendris fleame.
Thirdlie aill suld be maid of gud corne and not corrupt for ye better ye corne be it
geneis ye better humour.
The fourth is aill aught to be weill playit or sodden ellis if it be not it gendris bon-
tosities in ye bellie causing inflation and collyke.
And last of all aill suld be stark and not wow bot weill purged for new wort aill
gendris ye same diseas yat evill playit dois.
Yé touching ye use of aill it aught to be drukin moderatlie soyat ye stomak be not hurt
yrby nor drunkinnes cause it is worst to be drukin nt aill nor nt wyne and lastis
longer And ye fumes and vapors yrof yat ascend to ye head ar gross and be not sa
sone resolved as they ellis come of wyne.
Tua at ye beginning of dinner or supper it is holesome to drink aill before wyne
for aill dois wash away ye superfluities of humors yat be about ye mouth of ye sto-
mak. And yfore all physitions counsell That quhen one is most hungrie he suld
first assay to vomit before he eatt meatt That ye superfluities be evacuated out and not
be mingled nt ye meitt.

Quett for ye four tymes of ye yeir.

The Author tracklis quat quantitie of meitt suld be eatine after ye diversitie of
ye four tymes or seasons of ye yeir That is to say, Ver, Summer, Harvest Winter.
In tyme of Ver or Spring tyme we suld eitt lettill meitt. Be reasone yat in Winter
mans body is not gretlie giffin to labour and exercise quhen and flegmatik humours
yat seasone do most increis according to ye nature of ye seasone quhe be reasone of
cauld is enclosed in ye bodie quhe hinders digestioun. And yfore we aught not to
eitt gritt quantitie of meatt in Spring tyme. And yis specialle from ye middis of Mar
to ye end for ye beginning yrof is lykned to Winter and yan we may be nurisshed as
in Winter.
Summer. In Somer we suld eitt oftymes and lettill at anis because ye bodie hes of nesd
be reasone of dissolutioun. and alsso we suld eitt lettill in Somer yit we may drink
mekill be reasone of ye gritt resolutioun and dronth of ye body. ffor ye natural heitt
of ye body exceids ye moysture yrof And man is yan more effectiue yan at any tymes

And suld drink

Quid ſuld drynk hot wyne, And if ye drynk wyne it ſuld be mixt wt a gnd quantitie of watter and ſuld ſo bee vald strong wyne.

Nūttimus or Laxeſt That tyme and nycht to be war of eating frwitt at ye laſt to eit littill of tyme for they gender blaid yat is abill to putrifie ſpeciallie if they be reſſaeit in and wnclene ſtomak or corrupt body All for maiſt of thame yat ſeaſone for yam and filthy diſeaſes ar generat as ye pokis and wyf peſtilent ſicknes. And ye ſall wnderſtand yat drynk yat ſeaſonis Ennyes and thriſt is to be eſtheuit and to eit gnd quantitie of meitt at one meale.

Ye wyne alſo yat is drokin yan ſuld be weill mixt wt watter yat it may moyſt ye bodie and coild ye eyitt bot not ſa mekill watter as m ſondrs nor yat to be drokin ſo ſuxſtuouſlie.

Wmtrs ane man may eitt als mekill as he will yat is to ſay mair yan in wyf ſo ſomis ſo it be eatin at laſt for ye eyitt wt in our bodie in yat tyme is ſtrongeſt And hypocrated ſayis yat in wmtr our bellie be eyittſt of natwre and ye ſlip longeſt And yby it appeiris yat groſs meitt and hardeſt of dygeſtion ar mair holeſome in wmtr yan in wyf ſeaſonis. becauſ ye inward eyitt is ſtronger. Bot ye reaſt wyne and myſt reſt is beſt in wmtr and not grytt wyne And alſo be ſtrenth of eyitt and bortnes of dygeſtion in wmtr groſs meatis ar moſt holeſome, yat becauſ ye ſeaſon is diſpoſit to opilatiōn and repletion and be reaſone of mekill ſtrenth it is gnd to vſe meane meitis bot not ſcabiw and licht groſs and ſubtile As bird, weill, mvttoñ, pyke, peaſe. &c And thay yat vſe groſs meitt as pork beiff, nowriſſim and ſicklyke, ſuld eitt bot anis yaſt in ye day or ellis to vſe meatis hwatrius as leſſe, muſtard, and ſicklyke. And to vſe labour.

Signo Rosa.

Nota if thir tua hardis or ane of thame be putt in drynk, if ony corruption or infection be in ye drynk thay deſtroy ye ſame. for Rosa be ſpeciall gude againſ poyſon

Commoditis yat come throw waſching ye handis.

Two holeſome thingis come be waſching of our handis eftir meitt. firſt it dois mūndifie ye palmis of ye handis yat is gude and holeſome and alſo ane ſyght of ye eyis is maid more ſcharpe yby for be ye handis ye ſuperfluitie of ye eyis ar ekeyt and mūndified.

Drynking of watter

Drynking of watter ſchawis two Inconbenientis.

firſt it hurtis ye ſtomak yat is drokin wt meitt For waſſone watter cauſis and louſſis ye ſtomak. and ſpeciallie it deſtroyis appetyte.

Ewmdlie drynking of watter wt meatis lettis dygeſtion, for it makis ye meitt yat is eatin to be raw. Nor yit ar thoſe ſyde meitt watter ſuld not be drokin eftir meitt for it dobyis ye ſtomak and ye meitt and cauſis it to ſcome abone ye ſtomak. Bot if ane be wery thriſtie to drynk watter wt out meitt is not forbiddin. Alſo watter ſuld not be drokin faſting for it deſtroyis natwrall eyitt.

Bot if ane drokin man drynk watter faſting it hurtis not for ane drokin man is not faſting: for his ſtomak is not ſaſand.

And it is not

And it is not gude to drink watter after labour or travell and lyknesse after ye act of venus for yan ye pores be open and ye watter cooled wasshis ye humouris and mortifies ye naturall spirit.
Drink no watter after bathing or carnall copulatione for it may gender ye Leprosie.

Quhat foodis is best and maist nourishand.

The first is ane yong gait is ye best flesh among foodis ye ane yong yat nober layd eggis and ane cok yat nober trod yon for yan yay wt out ryp stomok ar soone turned in gud bleid. And thair brok is best medicine yat can be for Leprosie.
The scrime is a capone gait is numbred emang ye most holsome of flesh is.
The hynd is ane tuthle gait nourished weill and genere gud bleid.
And stirkmy is praysed of Rasis to be lychtest flesh and is holsome for yame yat will keip a sonder dyett.
The doe genere ill bleid. Quhair for her flesh is collerike.
The zeomy doe eddie to flie is most holsome to sitt rosted.
The quallyie is of lycht substance and genderis gud bleid as sayes Isak.
The wodcokkis flesh is speciallie holsome.
The partrike sayes Abicen her flesh is subtile and makis ane fatt confort ye stomak and augmentis sid sperme as Dioscorides bot it breidis And is of galen prefarred above wyld. Generallie ye foodis yat be swiftest of flycht ar best except ye swallow.

Of fischis

Touching ye choise of fischis all fischis be eyther Lard or soft. If it be soft ye elder ye better. fischis yat be zeomy and soft genere nobill pleasme mair nor yai yat be old. And if fischis be frome and Lard yan ar yay holsomer zeomy and sooner digested As pykis and pearchis be. Of frome or Lard fischis take ye smallest. And of soft or lous fischis choise ye grattest.

Best kynd of fischis.

The pyke.
The pearch.
The grayling.
Trocht yat is no salmond Yat fisch in generall is best bot of salt watter or frosh that quhen it is drossid is grayis and not clammy that is schort and breidis and not mony gross And yat fisch is best yat is bred in clenest gromis. The more starky fisch be ye better.
Among fischis thay ar best yat ar bred in ye deipest watter yat ebbis and flowis.
All bestiall fisch ar unholsome. The best and most holsome fisch of frosh watter ar thay yat be bred in stonyest and hardest gromis. And frosh fisch dois moyst ye body best and overcom mill and ford of generasion And is mony holsome for collerik bot gif some after grit trawell or labour no suld not eitt fisch for yan it sone corrupts in ye stomak. And thay yat have wark stomakis or full of ill humors suld be war of eitting of fisch.
Whatever gross fischis pondred wt salt is better yan frosh fisch yat belong tyme salted Is unholsome
Ane flesh and fisch togidder suld not be eitin, nor fisch and milk. Nor fisch suld not be eatin after myd meitis. The Quhilk is ane unholsome fisch and most breds phymis humors

of drinking

Off Drynkyng.

At Dynner and supper ett well and drynk oft and littill at anis And not as ye breitt beist yat sitts all and syng drynks. The better yat ye mett is myngled wt ye drynk the sonar ye mett is mollifyed and digested in ye stomak. The dryar grossar and balder ye mett be the drynk suld be ye starkar. And ye moyster lorttar and lychtar ye mett be the drynk suld be ye smaller and warkar. Therfor ane suld drynk starkar drynk wt beif yan wt cheikin and stronger drynk wt flesch yan wt fisch.

Drynk not betuix meals, except gritt necessitie for drenching yan lettis and hinder ye digestioun of ye mett yat is before eattin.

Begin ye supper first wt ye maist moyst meattis and easie of digestioun and yerafter wt ye grossar.

Efter ane wes layd egge soft rosted eattin and gude drauchtis of wyne is gud and wary Lob-
some

Efter fisch eatt nuttis. Efter flesch eatt cheis.

All salt meattis ar to be eschewit for they diminisch ye kind of generatioun and dryis it up. Ye gudis asharp bytting Ennor cauis yob and scabynes, Lurtis ye sycht, gen-
dris wyngwormis, Morpheu, Lepry.

Dyatt.

To observe and keip customabill dyett is gud for all folkis bot cheifflie auent meitt and drynk. For breking of customabill dyett and use Lurtis gritlie. Ffor custome is ane wyll natur. As for exampill. Ff ane man wyla lang hes bene wont to labour gritlie and then leiffis his custome and leiffis ferdlie or labours les or tak ane wyis labour in hand ane wyer tyme and wyer way undoubtedly it sall bring ane alteratioun upon him. Or to brek dyett in sleiping or walking or wyer lyke vs.

And trewlie they yat be accustomed to labour and exercise yame selffis in any kynd of labour and albeit they be seirbill or old it greves yame les and they will labour mor stronglie nor they war keping selffis unaccustomed as sayis Hypocrates.

And gritt harme followis alteratioun or change of dyett except it be nedfull to change it as quhen one is accustomed to feid on ill meattis yat hurtis bredis ill humoris and seir-
nes, sick custome must be amendit and changit by littill and littill, bot not sudanlie for sudane change and alteratioun is exceiding daungerous quhidder it be in meitt, drynk clothing, walking, sleiping, working, or ony wyer exercise of ye body. Therfor ane suld sumtyme use and accustome ane selffis to diverss thingis yat nane sal not be accustomed, to ye effect quhen nede requyreis to change use or custome it sall do nane ye les harme.

Dyett for seirs folkis.

Thir phisitians yat ministeris dyett to ye seirs man suld obserue ane rewllis.
ffirst of yat qualitie ye matter sucht to be for ane sott seirs and he must dyett ye pa-
ient wt cold meitts. In moyst seirs wt dry meatts. In dry seirs wt moyst meattis. ffor ye natureall complexioun must be obserued wt dyett lyke vnto.
Galen sayis ye sotter bodeis nead ye sotter medicines the colder bodeis ye colder medicines.
Secundlie of yat substance ye mett sucht to be. ffor they yat be strong and lusty and exercise gritt labo must be dyettit wt grossar meitt, for in yame ye way of digesti-
oun is strong and so yat they sucht not to use tender or waik meittis, as chekin, ca-
pons, wyll, or bird, for they licht meittis in yame will birne, or be ouer sone dygested and for they must nedis eitt oft. Bot nobill men and sic as bisynesfullis must nedis use dyett of tender substance for they ar not abill to digest sa gross meattis as labone, beif &c.

Lykwyis they yat

Lyberwyse they yat be seik of sharp diseasse suld use mor stondes dyett then they yat be seik of long diseasse and a fewer quantans.

Thridlie quhat tyme dyett aucht to be giffin for they yat be in healthe suld specially regaird customs.

Quhairfor they yat vyse anes in somer and sall not vyse in ye day suld sitt about ye hour of ten or a litill befoir and not to abyde till nocht. And lyberwyse to soup about sax or a litill yfter.

Bot in winter they aucht to dyne at eleavin or twelf hour becaus of ye long sleping and to soup abouth seavin or a litill yfter. Specialle customs suld be keipit.

Tyme also in eyetting of seik folkis must be considdered for they yat have na fever quhen it begins to dey yame or a litill befoir or after suld sitt nothing. for if one suld sitt a litill befoir or quhen ye fitt cumis thairby nature yat suld intend to digest ye meitt is diverted vnther way. If he suld sitt sone after ye fitt is gone it wer unwholesome for ye vertues of digestion is yan very waik be reason of ye fitt past. Thairfor they suld sitt so long befoir as ye meitt may be digested afoir ye fitt cum, or ellis so long after ye fitt is gone quhen nature is come to hes disposition this is of treuth to be done, except ye diseas gaitt offsobleshing of nature, for yan at all tymes he must sitt. Efter quhen seiknes manis strenth is feblit be ony chance he suld sitt furthwt as galen sayis.

Fourthlie ye quantitie of meitt must be considdered for as it is beforsaid yat in somer we must vse small quantitie of meitt at everie meale for yan ye naturall hitt is febill, bot in winter we may sitt guittar quantitie of meitt at one meale for yan ye vertues digestiue is strong.

The fyrst is hes oft we suld sitt ones a dey for in somer we must sitt ofter yen in winter. In harvest and sprengtyme a litill at ilk meale, for if ye vertues digestiue be waik we must sitt litill and oft, bot if ye vertues digestiue be strong we may sitt mebill and mak fues maillis. And last ye place of sitting must be considdered it suld not be over hott nor cold bot temperat.

Horrie.

Carcoidea. is ye grobe vpon. poore is ye latyne word, in inglis it is named ye porris. it be gatherit in ye sprying, out of it ye scarlit cumis, and in ye tyme yat ye porris be open and ye scarlit cum out of mans body I counsell all men not to tak sudden colde nor waist yr hed nor face nor sit to gang amang any infectioms, pepill infected wt lepry, pestilence, fever, agues, scarlitting sarkins, pokes, missells, or sicklyke and also to be war of contagious airis, as drunckis, middingis, pressouris, deid carryonis, comon pissing places, and sicklyke. for yan ye flesh of man is open and saft lyke ane watter sponge and abill to ressaue all infectioms.

Pulsis.

Pulsis is ye latyne word. Sphigmos is ye greke word. in Inglis it is named ye pulsis & declaris ye working and effect of ye lyfeles spreitis of man and ar mo= vit be ye oppining and closing of ye hart and of ye wayndis. The opening of ye hart drawis in cold air and ye closing throf puttis out fumositie and thir twa bound ye cans sis of ye pulsis and continues all moving throf.

Hart is twoff pulsis & alle dois tak yair originall of ye lyfeles spreitis. Thrio throf primcipallie dois belong to ye hart. The first throf lyis under ye left pap. The wyr twa lyis in ye wrystis of ye handis at ye claibill baine direct aganis ye thombis of ye handis.

Ye brayne hes respect to seven pulsis, four throf be primcipall and thre minors. the four prin^ll pulsis do ly thus. Two in ye temprill of ye heid, and ane throf going vnder a bane named ye Ry^t sinzie, and ye wyr dois ly in ye corner of ye west syde of ye nose. The thrio minor pulsis ane dois ly in ye corner of ye left syde of ye nose, and ye wyr two lyis on ye Mandibill of ye two last blaidis. The Lobis hes respect to two pulsis and thois lyis vpon ye forit at ye Elbelord. Be thir pulsis expert Phisitians, and chirurgians dois knaw be ye vnebbing or strubbing of alle ye prin^ll members is distempred, and quhidder ye patient be in perrell or nocht. for if ony of ye prin^ll pulsis dois not vneb or stribo iust be keping a trew cours and mesure as ye minutis of a vneb ye patient is in perrell albeit they goe in^t gritter agillitie and quicknes nor ye minutis of ye vneb dois. ffor if they keip ane iust and trew cours and mesure in yair stryking, thair is no perrell in ye patient. Bot if they mak ony panse or stopping, That is to say, That if ye pulse dois gif fyve strubbis and dois panse or stop at ye sext stryke. Or ellis dois vneb seven vnebbis, and dois panse or stop at ye eight vneb. Or ellis dois vneb ten vnebbis and lippis or leapis ouer ye ellowint and begins at the[i]f vnebbis. and so furth ye patient is in perrell or ellis not. ffor it stands not in ye agillitie or quickes, or in ye soft or sleuines of ye vnebbing of ye pulsis yat ye perrell is, Bot in ye pausing or stoping not keping dois cours or mesure yat ye danger is.

Nota Thairfor an ile cauis lett ye phisitians be circumspect for Sincopationis and swonyng of ye patient, and sett thm nocht nyct in ye bed, in^t coddis at ye bak, and lett me sitt in ye bak and gif ye patient dremle, and lett thm smell at ye nose rose watter and vinegre and rub ye nose in^t aquavite.

The pulsis declaris ye disposition of ye hart and is chiefly in ye pulse waynis of ye armes in ye wrystis of ye handis, be setting on ye fingar ends vpon ye wayn nes end: In ane strong man yat be corpulent and fleschlie, be strong and hard knubling. And in ane lenne or sobir man, be soft and easie knubling. The pulse is knawen be ye tymis of ye moving, quhidder it be sayft, slaw, or meine or midwy.

It is callit sayft, quhen it moves oft and quicklie, and yat be tait and grit swift and strenth. It is callit slaw quhen it moves seindill and softlie, and yat be tait and be scant of swift and sobirnes of strenth. The meine betuix ye tymis is best. It is callit strong quhen it dois ly it nocht putt readily ye finger yat touchis it for ye strenth.

It is callit sobill, quhen it strykis sa softlie yat it may skant be felt of ye finger yat touchis it and yat comes of wantones and sobirnes of strenth. The midwy betuix ye tempred and best. The pulse also varies be complexioun. ffor it comes of swift ye pulse is strongar and sayftar. ffor it comes of colder, the pulse is slaccar and soblar. ffor it comes of moystnes ye pulse is nesslie or soft and thrist. ffor it comes of drynes ye pulse is sklarp and hard

The pulse is strongar in lyfeles and lenne men nor in fatt men. ffor lyfeles swyftis man in lenne men nor in fatt men and strongar swiftis in ald strongar pulse. In childrene and young men the pulse is stronger and sayfter nor in old men.

The pulse—

The pulse vndois scryster in mor nor in vemon.
In springtyme and in Lamost ye pulse is stronger.
In somer tyrot Lytt ye pulse is soft and sobill.
In vinter tyrot cold ye pulse is stoos bot yit wery strong
Eby yat desyll in Lytt pogrosnid Lucbo scryst pulsse. And in cold contrid ye contrarie. In sterp ye pulse is littill and stoos, and efter sterp strong and gritt. If mon be suddanlie walknit efter sterp by ordour ye pulse is smedm sesist, thick and graibing and inordinat.

Melbill mirth and drink vndigestod forbis ye pulse. Bot moderat lw tabon and digestod ingmentis it. Dott drinks makis ye pulse scryst and thick, Cold drinks doos ye contrarie.

Melancholy augmentand displeasure makis ye pulse scryst strong and thick. Gladnes makis it meanr. Feir and drede makis it scryst and inordinatt.

REGIMENTS *for diseases of ye Bodie beginnand at ye head.*

PAINE or working of ye head, cumes chieflie of superabundance of ye four Ymory or complexiouns, To nitt of bleid, sterne, collor, melancholy, of Lytt of ye sone or of gritt coldnes of ye air. To knaw

If bleid be ye caus tyair sall appeir in ye face a dark rednes prickling and brynand nt Lytt.

If sterne be ye caus, tyair salbe coldnes nt gritt headynes in ye hed sporialliw in ye vndor pt of ye hed nt ofttymes spitting and ye face salbe lyke to ane sone burnt.

If collor be ye caus tyair sall appeir in ye face a clor rednes melymyt with tymg toward zellow, the one salbe zellow the mouth dry and Lytt, sumtyme bitternes in ye mouth, vanill wast in ye melt, gritt Lytt nt sterpe pane in ye hed spew in ye nt vndirstf.

If melancholy be ye caus the patient sall feill gritt pane in ye hed and headynes and sall haue terribill dreames in ye sleip nt gritt cair, thocht and feir. And ye pane specialliy in ye left syde of ye hed.

If cold vmd be ye caus, tyair salbe gritt werke and sounding in ye hed and vaird and ye pane flitting from ane place to another in ont headyne or dosteadnes of vnmod

If Lytt of ye sone be ye caus ye tailbing and cure ar lyke collor.

If cold air be ye caus ye signes and cure ar lyke sterne.

Regiment.

If ye pane cum of bleid or of collor, the patient may drink no wyne, nor eitt no bill flesh, gryte mouthit, ne eggis, milk, or ony maitht yat mgendor gritt nesessement. Bot man be content to drink the tysane, Barly watter, Iolup of Roiss, roistit appills, thinn drames, almond milk, gruell of barly, or pottage maid nt Lattis, Goosrobis, purpy, nt ane cholrik or of ane mylde if ye patient be sobill.

If it cum of cold Ymors the patient suld drink no wyne ye thre first dayes, bot drink only small drink for althot wyne be mery confortabill to ye spreits and natturall Lytt, yit it is contrarie and hurtfull to ye spreits Nmade of ye braynes and

Plaque, 1568, sig. B7v

Also ye sermond. And also of ye sammeour cald ye pane be, the patient sald forbeir all vaporand meattis. as garlik, leiks, onyonis, peis, beanis, nuttis, milk meit, spyces, mustard.

Salt meattis, and meattis of hard digestion, and all digestion, And to abstene from slep on ye day, and not to go to bed after meitt for ye space of tua houris. Alsoyd grutt thocht tabing and occupatiom of ye mynd.

Abone, sayis thair is nathing sa conbenient for ye megrym and diseasis in ye hed as ye purgatiue and rest of ye mynd and to alsoyd all thingis yat may move ye spirattis animale, as grutt musing, studying. &c

And also it may cum bot of vther diseasit membris as of ye stomak ye matrix ye reyns, leuer, spleine, or melt, and not of ony cans of ye hed it self And yfor ye melt tak cure ye seikned be helping and purging of ye same membris. &c. Diuers.

Quhen pane of ye hed cumis of ye stomak and corruptiom yof ryses and fedis grit pine in ye stomak, Of ye matrix ryses ye woman feilis grutt pane in ye bellie, Of ye reynis ryses and feedis grutt pane in ye bak. Of ye melt gn yt is grutt pane and heavyne yabout vnder ye left syde, Of ye leuer ryses yis pane in ye richt syde about ye leuer, gn it is hewit and vnder ye rubbis.

Nota. Gif hed ache cum be grutt drumbing of reyne or vyer starke drumbis. The best is to drumb colde watter, gn vt ye cold and yof stoppis ye fumes yat ascend out of ye stomak to ye hed and smytis ye brayne. &c if man drumb strong reynis to nit bettir or suppr nicht yis stayis ye fume yof.

The hed has fone clongning placis to clenge and expell out ye superfluous humors yat ar engenered yin, to wit, The Ene, ye Eard, ye Noise, ye Meatt.

And quhen of yis be stopped or dry sa yat ye humors fidis not furth of yame according to ye ordour of nature, The hed nor ye rest of ye membris can not be long in gude estait.

Nota. And yit it is to be remembrit yat in all diseasis of ye hed, the belle suld be keipit laxe thane all thingis, Quhil all is in temperatt. For constipatiom and hardnes of ye belle is ane of ye maist cheif cans of ye said diseasis.

Galen sayis yat ye hed is dispondit in foure gts gn they be resolit be ye fone humors or complexiomis, To wit,

In ye fordhed Hait and dominiom.
Eftirwart in ye middis hed.
Collar in ye richt syde.
Melancholie in ye left syde.
The braine hed in ye vtmest of ye hed.

Remedies for Megrymis.

Tak ye eldest wormis gn ye findis in hetting ye barbis of ye treis gn will turne yame selfis rownd lyke a beid gn they be tuicheit. Smith yame in oyle and yat anoynt ye grief or pane. It is ane singular remedie for ye megrym. &c lia.

Tak ye gall of ane nolt yat is all of ane colour. Tak crimyne seid yat be fyne a quantitie, bray it in fyne poulder and saith yame worll on ye fyre till they be thick as oyntment, mak ane plaister yof and ly vpon ane wollen clayth and ly about ye hed hott. It is a soueran remedie. Probatum est.

&c lia.

The eldest wormis, Braid vnder ye barbis of treis yat turnis yame selfis togidder as a beid soddon in oyle and anoynt ye grief yat It is a singular remedie for ye megrym.

Alia.

For continuall pane of ye hed, The leaffis of blak Ive stampit alayis and soddon wt vynegar wine and oyle alyke mekill, anoynt ye forhed and temples yat saill assuage ye pine. &c lia.

&c mett sordis

Cmett seeds, nuttmuggis, ginger, cinnyns, cannell, pepper, alyke quantitie maid
in fyne ponder and put purified hony boyled and mand in Chestnazij and rosis gūde

To purge Reume.

Cake me red onyon broke it seith it in vinegar put a little purified hony and
Nota when they ar well sodden putt ytto me spoonfull of mustard seid brayed then seith all
well togidder a gnd space, and gif a wald purge ye hed of reume Lett him ly on
hid bak and putt yhof in ye nose and he shall waist meontinent. Vse this thre dayes
ilk day twyse and it shall purge ye hed & Cria.

Nota Cho me of ye gilys berrid mixt with hony and lett on ye fyre drawm throch me
clayth and drawm vap in ye nose at anes pen it purges Reume of ye hed well. Pro-
batum est.

Lasis me report practitians amangis Christians sayis gif ane persone pittis in his
nose ye mis of ye gritt Mariorym shall never be diseasit in ye hid.

Alia.

Cho me of primrois blawen vp in ye nose at anes pen purges reume of ye hed or
tempit with cocis milk. Alia.

Cho losse of watter, or monster put in ye nose causis me to neis and expell humors
out of ye hid. Probatum est.

Cho leasse of milfoly putt in ye nose purges Reume well. Probatum est.

Nota. Clar is tua kynds of dolore in ye hid, the ane is vniversall qlk is ouer
all ye hid. The vther is particular qlk is in ane particular place, as in ye forhid, or
hynd hid, in ye richt syde, or left syde.

Alia.

For pane in ye hid tak mis nose baith and cutt it of ye lenth and brand to ye forhid
Tak nose watter and vinegar alyke quantitie and wesch it yrwt, and als lett na may be
suffred ly to ye forhid. zh

Ane Roid Cauk moystid with oyle camomyle and layt to ye tempill helpis ye megrems.

Ballis in ye hoid.

Cho dissad man comonlie fallis to yomg childrene qn they sowke qlk may be
engendred als well of corrupt milk of ye norisch, as of vthir complexioun and humors.
Or it may cum be hold ing ye childes hed in ye sone or ye dropping of crissis babous
or salt beif or salt fysch on ye heid. Or be eating of raw grene fruittis and sic like
Cherfore first before all thingis ye cause of ye hardnes of ballis wald be remouit and
purgid and all thingis yat be hurtfull yat obstomit sra, for ye aulder of age man dis-
sesis to cure, and gif ocoser thingis hard lays to ontrot, ye hed sould first be sepa-
ren and ye lave alone tane away.

Regiment.

If the dissad fall in ane sowking childe the norisch sould forbeir to eit all salt and
soure thingis yat ingendes coller as mustard, vinegar, salt fysch and sicklis, raw grene
fruittis, eggis. and generallie sic may eit na dainti, figgis, nor prwy. ffor mony
holds opinioun yat prwy fed ane child profitis to hard ballis. The child hird wald
not be taldin ower lytt, for yat is ofttymis ye only cause. and if it fall in ye older aged
the same drogt forsaid wald be obsyrvit.

Ymediat the hird

Remedie

Thy hand beand slaven to clenge and mundifie ye Lairis. Tak ye gall of ane bull, of turpethyne and lome of ilk ane ane quantitie mak ane oyntment yof upon ane sklt flyis and upply to ye sair and it sall clenge weill

Alia

Also it is proven yat ye wryne of ane bull, if ye lord be wasthewyd, It is a singulair remedie To mundifie ye sared and lorid hairis ont of be ye taittis but pane.

Alia.

Note Thy hair is nothing better for pustillis and skabbis in ye lord than to roastis ye lord of wt vynegyr & ane canimonyle lod bene soddin.

Alia.

Tak carlis and stamp yame and fry yame in groise creisch and mak in plaistir and upplyit; Lailis warmed in ye lord.

Alia

Thor skab in ye lord or ony wyd yt of ye body, poill onyons and salt yame in vynegyr or watter, and wasch ye skab yrwt and it sall putt it away.

Alia.

Thirst clip ye hair away clene syne wasch ye lord wt drogis of lie to wyne & a little Rock alum lod bene dissolvid, and yefter stamp onyons and garlik togidd and rub ye lord yrwt thrie or four tymis, than anoynt ye lord wt ye Iuce of coriander and lome.

Alia.

Thor volcis or skabbis in ye lord ye gall of ane bull mixt wt vynegyr, mak it hait warme and rub ye lord yrwt it ane gude remeid.

Alia

If ye lord hawk tumpit ye gall of ane stirp wt lie to calfe, anoynt ye lord yrwt and lett it drink in it allane, it puttis it away

Alia

To stanch lyce, Tak ye Iuce yat remanis efter ye making of leid, put yto a little vynegyr and drink it certane dayis, and it sall destroy yame.
for skalls of ye lid. Ye eschis of brint Salt trie beyrd and tempird wt butter is oyntment is gude to anoynt ye hair wt and amende.

Of lytargie or forzetfulnes.

Thair is ane vnstad generit in ye lord namit lytargie ye simptome will cane men die sklpand, and it cumis of cumis of cold moyst humors in ye lid, specialie to aged folkis, becaus yr natwrall heit is gone, and is knawen be thir signis. Ye Luce alwy grit heit, ye cans yrof is ane apostome generit in ye vndir pt of ye lord, ye vryne is pale and thik, ye langis dem lid lord and dolyis euer to slip

Regyment.

Ye is gnid to blaw in lid nois a little nersing pouldir to provoke him to nersing, and to tak warme watter vnmoyr and salt, werth ane mollin clayth dyn and yrwt rub well ye soolis of lid feit, and palmis of lid hands ostymis, and to keip ye bodie lond wt supponitorye or vydrayis, lett him be layd in ane hyt place, and to vse company and conuersatioun, and as mekill as is possibill vndir him fra sleping, and it wer gude to werth lid lord in watter & ane wer soddin edmonyle, anyis, wormett, Roiss, for yat nessing confortis ye lord.

Remedie.

Ane sodder dippid in vnmoyr and putt in ye norsis gnid.

Alia

Thir ar ane [illegible]

This ocens hair brent in poulder and mixt wt vynegar and pryk and applyit to the nostrillis, and gud space sall walkin ym out of the skip. Or ye smok of the ocens hair brent and holdin to the nois is gude to walkin ym.

Alia

Mustard sid gruns and mixt wt vynegar, Rub ye scalls of the hart yrwt gyncklie it sall gar ym ym. Or vynegar and salt mixt togidder rub ye hart and handis yrwt ane gude space wonderfully it dois gud.

Frenesie or wodnes.

This diseas is gevin it absolutelie of ane apostema in bred and gevin out in ye pollicie of ye brayne named pia mater. Ane apostema in dois mak alienatin of ane mans mynd or memorie.

Sum is ane ivyl accident frenesie and is cayrsed wt ane ivyl spirituall humor wt ane fever or wt ane ydropesie or ivyl sickelyke spirituall, Some hald opinion yat frenesie sold brok of ane evyllone humor oppressing ye brayne. Some sayis it is ane infirmatioun of ye brayne and dois stroubat ye resone and mak ane man to ly altogidder out of resone and memorie.

The accident frenesie cumis thre ways. The ane is thrt ane hett fume ascendand from the corrupt stomak to ye brayne. The ivyr thrt collegatioun or accompanying of ye neirbes or seimous ye and ye brayne hed wt ye mydrif.

Sum frenesie cumis throch abundance of corrupt blaid or be kynd of ye parents and is maist difficile to cure. Sum tymes it cumis throch bytyng of ane wod dog or ivyl wod beist.

Synes to knaw and of it cumis.

Blaid If madnes or frenesie cumis of rumbnes of blaid, than ye man singis and is mery, and sumtymes he thinkis he is in heaven or yat sum bodie talkis wt him, saying he is god or ane angell sumtyme yat he is rych and wantis nathing.

Colloir If madnes come of congeallit blaid or burnt blaid they ar sumtyme a litill merry and efter they have singin, cryis and stabis thame selfe and uthiris.

Melancholie.

If it cumis of cold and drunth than dois he allwayis ga loking wrang and fear thos thingis that ar not to be feared.

Sumtyme he thinkis yat his [illegible] stirkis and strayis yat he sid ga to pourse, taidis, and sic ivyl ane mouss beistis, he crepis in ye durris and bendis his hands togidder as thot sum body wald tak sum thing out of them.

Sumtyme he cravis lyke a cok sum tyme barkis lyke a dog.

Phlegme If it cumis of phlegme than ar his brayne corrupt and stynkis wt cold and ydropesie becumis he mad.

Nota. To sic pesons man condoun dois ye do it gladlie resave and ar possessed.

Regiment for frenesie.

First ye yat becumis mad throch trouble displeasure or melancholie, To ym suld be gevin fair words to mak ym mery and mony thingis promeist ym and yet gevin ym.

And if it be ane young man tuik in flesch and blaid tell him yrbe fellowschip wt ane woman. Or if it be ane woman tell hir yrbe fellowschip wt ane man for yat ishayis rage or and sumtymes bringis ane to ye rycht mynd and memorie.

If it cumis throch rumbnes of blaid it is gude to draw blaid in ye midmest vaynis of ye fowlard be a cunnyng Chirurgean and ane monthe and drember yat be of cold and mak na travel, as follows.

The hows shall be very scharp as hair bred and watter, and na kynd of stark meitis nor drinkis sulde be gyffin yime. And if thay be furious they sulde be manit bomid and keipit in ane dark place but licht. Quhois face and semblance of paynting or pictour sulde not be schawin before yame, and all yat be about yime sulde be commandit to keip silence, and not mak answ^r to ye nor belouit wordis nor paynit clayth^s and pictour sulde be in ye chalmer nor knaw^n thay ar, And yan to lace in ye chalmer all thingis yat ar redolent and of sweit sauour as flowris, herbis and spyce, And to labour be all possibill meanis to keip ye patient fra all musing or studying, and to use myrth or merrie talking, and to keip him fra kindling of vapour yat ye do not hurt him self nor nychtbour yat. And he sulde be keipit in ane fair dressour and all of lynn clayth, and if nede be sumtyme purgeist and stanchit, bot not hurt. And ye sulde gif thame at morne noone and evin to gif him warme meattis yat be rwbe.

Cassia, fistula and Ephethyme nocht to gyde.

Romedies

In ye begynning of ye seasone ye patient haid and nayth^r it nor warme nor mayer, And if it be manifest of blude, to lett him blood in ye hyd vane, and to draw out als mekill blude as will fill ane eg schell full. And alsone all thingis labour to bring him on slep as sone eyntmentis and bacmyngis is ordanyt, And gyff ye hyd is schaven to playster it nor ye lowgis of ane seyne or of ane wod for schorp new schone, and applyit hott. And ye tempill and forehid sulde anoynt nor ye mid of lettis or of endyve bell or sic vyd thingis as will provoke him to slep. And gif efter yis ordinance be usid and all thingis done in manir forsaid ye wod nor medicis thrw dryed nor out stepnis and yat ye hayre of ye patient, temple and coll colloret yt is no hope of recoverey. Bot gif ye hayre begyn to tak grund collour and ye scall synnis forsaidis to wax bla thair is gude hope to be had.

Nota. If this disead fall in winter keip ye patient in ane close chalmer hait myelt and dry. Bot if it be in simmer then lay him in ane chalmer of gude air and mak fyre of tempor tre nor ye barreis and cast upon ye fyre Spyrcion and frankincense it is gude and it [illegible] to putt sufrone in his meitis and drinkis and to gif him ye broth of weild cobbis or lormi^s well sodden for thay bayth conforte and warmes him yat hes yis disead cumyn of fleame.

Alia.

The seidis of fleame brayed and tempred nor hayre and drobben is gude. Alia

Fumus tecta steipit in aqua vite and drobben is gude for yis disead.

Alia

Tak hunny schell full of aqua vite and thryis als mekill hayre mix yime togidder syne putt yis to ane quarter vnce of Sene brayed in poulder and use ye same at morning first and at even it is called a soverane remedie.

Alia

If ane man be mad and dois not knaw ye cause of it cumyn. Tak ye longis of an gaitt bak and bind yime warme about ye hyd and it assuages ye rage. Or tak ane blak hen and open hir quyck at ye back and lay hir hott about his hyd blaid and all togidder, and it conforts and warmes ye hyd and ye brayne wobbill spedelie if ye madnes cum of colde.

Alia

At ye begynning of ye madnes gif him ye mid of ye columby to drink or mak him pottage of sege valeriane or lawes and it sall do him gude.

ta cand him

To cure him that hath the Emys following.

The seeds of gourds the boll and Fenbane be aped and tempred wt womans milk and the gourds of an egg and applyt to the forhed in manner of plaister causs him to slep. Alia

The sede of Fenbane sodden in sweet wyne and wash the sore temples and nostrils with doth helpe.

The boll popie sodden in water and the face washen wt the lett decoction yeof causs the patient slep sheorthe or die.

The seeds of blak popy sodden in milk and dropen in eares. Alia

Unguent sodden in water and yesten sythed through the cloth and dropen prouokis to slep. Alia

Myrt stampit and tempit wt woman milk and made in plaister and layt warme to the forhed and temples alsoon going to bed it prouokis slep. Alia.

The gall of the Ene mixt wt gude clene wyne and instilled in drunk garris the man slep stedfastlie. And to waken him cast vinegar in his nois.

The oft using of safrone garris the man slep softlie.

For steping in the slep stamp Alexanders tempred wt wyne and dropen in eard.

Alia

The croppis of Rose and Violets stampit and tempred wt vinegar and dropen at euin going to bed wirk it wyne dryed sall put it away. Alia

The Red cole Rois growing emong the corne 5 or 6 seed yeof sodden in wyne unto the half and dropen with gar the man slep.

Above all thing to gar the man slep work mirth or blythnes going to bed is best.

Unguent popy and Fenbane sead stamped and tempred wt gall of an egg and laid to the forhed prouokis slep.

Epilentia falling evill.

Off the diseas there is three sundrie kynds Named Epilentia, Analeptia Catalepsia, quhilk is Enaeson heid.

They that be infect wt epilepsia in the falling sall some at the mouth and that is most commone. For it inuerted only in the head and cumis of the matter that is in the brayne wt contines all griefs of the head.

In analepsia in the falling they some not at the mouth but they deprive themselfs that they wait not of and it generit of the corruption of the stomak and some snobe asmond to the brayne and it breid the apostome, and of the samin cumis.

In catalepsia quhen they fall amdest the eyne be open or cloid eyed they see not thing And this is ingenered of mater that is in the vtermost skin as of colde tabm in the hand or feit. And they that lacke this kynd of evill they lacke a certane forknowledge of the evill come, for they sall feill a maner of gnoding and prickling in the flesh as it war byting of Emotts or moving of sum maner of wind of the mater and some that cumis vpward fra the stomak.

And the evill comed of the foure humors or complexioms and are knowen be the signes, If blood be the cans the face is red.

Off flewme quhen the face is pale or wan. If it cum of melancholy it growes and hurts mast in the waning of the moone. And off flewme mast in the full moone the evill be mast during and hard it is to heale anis But yit medicine and tyme helpis anis.

Regiment for the falling sickenes.

In the first it is gude to abstene fra the things following to wit fra all kynd of meatts that be evill and hardis of digestioun and breids ill humors as gritty meatts salt beif

Salt beif, hard fische, rewmissem, garlyke, krampsch, onyons, eschallis, watterfoullis. All fatt fischis is zellis, salmond &c And nocht ye seidis of pyrnoillis nor all maneris is drunkis. First purge ye seik gif he be ydoir and of ye said disease, and lett ye patient be war of yis thingis following.

Absteine fra all fellowschip of women, fra all conventionis and gadderingis of gritt compayn of popill as is faires, kirkis, schrillis, gritt mens hous or ony place of gritt confluence of popill repairis. For maist condonlie ut sic tymes ye said infirmitie wes to tak tyme. Use not to ly nor repair under wolt hous or wolted kirkis. Keip yame fra fer and drede and suddane fleidnes for all sic motiones provokis it to cum. Fra ye saysone of ye rose of eglantyne or ony uthir sweitlie in hous gif ye rose beis not neir for ye fome or smoke yrof entrand in ye nois ascendis to ye heid and braine and causis ye humor to braid and gadder in ye brayne gif maist eschiefly yis infirmitie is ingenered to dissolue and fak and so provokis it cum mair suddanlie nocht wold. And for yis diseas it is guid to use guid meittis and of lycht digestioun and to eitt mair at morne and litill or nocht ony at euin.

Remeid for ye falling seiknes.

Ane ony stonen or borne about ye hals is singular guid for ye same, as galon Constantine and Dyoscorides all affermis.

Alia

Ane experiment of Plato That men sall be garsing draw out thre droppis of blaid of ye schulderis and gif yame to ye patient wt a Rabynis egg in ye end of yis accesse Also he sayis yat ye eggis of Rabynis if they be eatin help mekill in yis cais.

Alia.

The Ballok stonis of ane hair or of ane Ram dryed and maid in poulder and drunk in wyne is guid.

Alia

Take rois and stamp it wt fony mak ane oyntment yrof and anoyit ye forehead of yame yat is vexit wt yis seiknes and it helpis yame

Alia

The bayne or matter of ye roe dryed and maid in poulder and putt a litill yrof in ye patientis meitt and drunk and it sall gar ye seiknes remove fra ye brayne and fall in ye fingeris ends wt gritt colour and pane therfore mak ane taptnes and gar it brek and ye matter sall cum out als zellow as safrone and he sall be haill gudly.

Alia

The bony of ane peacock gryffin in drunk to sum yat hes yat diseas is gude.

Alia

Rasis and ane vther practitionar sayis yt is nothing better nor wyne gif me Limlok is sodden and gryffin to ye patient to drunk.

Alia

The gall of gentian dryed and maid in poulder and gryffin in drunk wt ye Jwis of ane sek sye to ye patient is gude. Alia.

The Larme of ane tod ostrymis cuttin is gyne for hairnis and keipis yame fra swelling

Alia

The stone yat is fund in ye scallocs gif it be broken or borne about ye hals is gude.

Alia

The Larne pan of ane dead man brynt and ye poulder yrof gryffin to drunk is vther derfull gude

Alia

Tak ane hare and draw out ye string and gar ye seik man scoolly it ouer wt sum drunk yat he wait not of and he sall be delyvrit for ever.

Alia

The poulder of Hart horne droken wt wyne heales ye same instantlie.

Alia

Pellitur of stayne wt ye only odour yrof is gude and helpis gratlie.

Alia

The gall of ane

The gall of ane grete horne dog mixt wt quyte vbyne temporit wt swetone can-
Nota nell and sicle swelit styrrit to putt away ye bitternes yrof, warmit and drunk it is
a soverane remedie.

The Eine and consit of sair eine.

Sisdal and sinnis of ye Eine and impedyment of ye sycht is ingenerit mony vay-
is. As of blud and evill humors in ye said throt melvill ballemy melvill vorpmy
or grottmy: throt squislung or rubbing of vame as rork or smork of ye fyre and
of gritt drunkyng.

Regyment for sair Eine

ffirst abstene fra sick thingis as ar ye cans of ye pane as is afor said and vse
to vaste ye Eine oft wt clene cold vatter. Ye kaibing and beholding of grene col-
lord is gud, Absc measurabill dyett in sleipyng, hold thy fett and hede of wes-
en and clene, keip ye belle loud, keip fra ouer vehemunt hett or cold ar or vynd
fra grotting fra dust, fra lang vrdmy and dern kalding of ye lird or studeing.
ffra ouer mekill drunkyng of vyne, fra excessiue use of bemd abstene fra all
vaporatiue thingis. As onyons, leikis, garlik, mustard, perss, beamd, fra day
sleip. for all thir thingis ar noysfull and hurtfull ye sycht. and use meitis of gud and
lycht digestionn.
Ye pairing of ane apill cuttit sum thing thick and ye humor sydis yrof laid to
ye hett buzinig and watterung eyd it cum going to bed and fast bindin yto all nyt
it will help ane Lustely.

Remedies

ffinkill, Rois Vorbane, tree, sellidone, Cuffrun, all thir sourbd distillit in ane stil-
latorie makis ane excellent vatter for ye Eine and to clarifie ye sycht.

Alia

Vatter maid of Rotten apillis putt tua or thre droppis yrof in ye Eyis, helpis mekill.

Alia

Tak grene balcunitis Lalis and all from ye tre wt pt of Lassis and distill ane in
ane stillatory mak ane singular gud vatter to be putt in ye Eyis to clarifie ye sycht.

Alia

Ye fud of sellidone mixt wt Lony and sodden on ane soft fyre till ye skinn ga
Nota also ane maid ane oyntment yrof and anoynt ye sair eine and it is ane pretious
oyntmont for ye same.

Alia

Rue oftymes drucken helpis ye sycht mekill.

Alia

May butter and ye quhyte of ane eyge mixt togidder is gud to anoynt ye sair
eine wt.

Alia

Ye vatter of Offrid and Lony mixt togidder and purified to on ye fyre is
gud to drop in ye eiris of ye eyid going to bed, clarifies ye sycht

ffor Blaidrons Eine.

Iff ye eine be blaidrons anidder it be of ane Cuet or vthir vyld vyld ye blaid of ye
Stork dois or of a piggeond vong and droppit in ye eyne is gud. Or ye blaid
of a portrik is of ye same effect.

Alia.

If reuid of ye

If redines of ye eyne cum of fleame or reedines tak croppis of nettill and quhyttis of eggis and stamp yame wt rose watter and dip yrin lint weill forthitt and lay to ye eyne at ye begnding is nezt guid. The quhyte of ane fitallane cassin and droppitt in ye ey is guid. Or mount ye ey wt hoard mille is guid

Alia.

If ye eyne be rede wt gritt yoxle and prickling tak clarett wyne and warme it on ye fyre and drop in ye ey at morne and euin is guid.

Alia

For eyne yat ywabis fra noone furth and ar pyndit in ye morning and cannot ga-sille be oppnit. Tak starch aquabite and weill ane small fudrug clayt ydin and yat straik ye merkis of ye eyne q^e ye pane is at nicht and vesing wst it 3 or 4 dayis and it sall amend yame.

Alia

If pane of ye eyne cum of bleid ye vaynis of ye eyne will be red and soddon sorgis it is guid to lett bleid on ye forit vayne on yat syde q^e ye pane is.

For Bolnid Eyne

Tak ye gall of ane Turchem or of ane gaitt sorttit in ane ey schell wt vinegar till it play and dosser putt it in ane nesthell of tyn and lett it stand thre dayis and if it growis hard tarry it wt a littill vinegar and quhen thou gois to bed putt thof in ye eyne wt a fedder

Alia

Ye fud of Tursy and bottom drawin throch ane clene clayt and putt in ye ey is guid.

Alia

Or ye fud of eymony tempred wt quhyte of ane ey and layed on ane clayth and laid to ye eyne is guid.

Also tak ane quaillis wt out ye schell and sett yame in watter and strain af ye fatt of yame syne burne yame on ane flatt tyld stane and mak powder of yame and mingill ye powder wt ye fatt and quhen thou gois to bed anoynt thy eyne wt it.

Wormis in ye Eyne.

For wormis in ye eyne tak ane ey and roist it hard and quhen it is fatt bruse it and tak ane small fudrug clayt and lay betuix it and ye eyne and lay it to and it sall draw ye wormis out of ye eyne.

Alia

Tak wax and melt it wt ye fird of lenthis mak ane candill yrof and fald it lycht to ye ey and in ye mene tyme fald ye hand ower ane basin wt watter and ye wormis sall fall in it.

For Eyne yatar red and yowkis Cruyt coprois brayed in poulder temperit wt frosch butter and putt in ye nesthell of ye eyne at euin going to bed is guid

For may be fotpit castin in ane morter or marble ane ey.

This may be fotpit castin in ane morter or marble ane ey. This may be taken in tyme bot in aged men ane ey Lard. To mollifie ye mark and mak it mair soft and easie to be dissolvid, mak a decoctione of calamynte, mallolott, and earll haffill and rosattis ye fumigatis ane yrof wt ye eyis and will mollifie ye same and yaster mak fyne poulder of fructous candy Salgdme and brunt ey schellis and blak in ye ey and yaster distill in it rosmarie mill and it sall help gritlie. Alia.

tak ane blak.

Take ye blak snaill and burne for ye poulder and putt of yat poulder on ye mark and it shall putt it away wt in thre dayes.

Alia

Take ye colbyll and brose it and presse out ye iuce yrof and putt it wyn ye Lusshe it putts away ye mark wonderfully. Alia

Ane quantitie of salpetor brunt and ye poulder yrof putt wyn ye putts away ye mark.

Alia

The downy of ane man burnt and ye poulder yrof putt wyn ye putts away ye mark.

Alia

The gall of ane hair and pressed corny mest togidder of alyke quantitie and layd vpon ye eye wt ane soft fodder, vse it thre dayes and it shall brek ye stonel and clenze ye sycht.

Alia

Ye seid of poppie stampit and ye iuce yrof putt wyn ye putts away ye mark sone wonderfully.

Alia

The bloid of ane fatt ox putt wyn ye eye ye mark is shall putt it away but dout.

Alia

Take gingir ye gingir yat be grein and rub it on ane grit stone to poulder wt ane tyn salcer, and mix it wt gude wyne and lett it be mudy of ye gingir and wt ane sode putt yrof wyn ye eye it shall ouir away ye mark.

Alia.

Ane tongue wt fule dracon throch ane clyth and putt ane drop yrof in ye eye wt in thre dayes it puttis away ye mark. Alia

The iuce of lilie rosis putt wyn ye eye putts away ye mark.

Ane drop of ye patronis ouine urine putt wyn ye eye helpis weill for mattynes of ye eyis.

Pro batim est.

If ye eyne be grimy in ye morning to resolue ye grim wesche to wasch ye eyis wt ye iuce of fox.

If ye eyne be burning lett ye milk of ane bitch mixt wt ye iuce of ye herb callit stala and inoynt ye eyne yrwt is gud.

To take mottis out of ye eyne Lome and ye iuce of wormett confect togidder inoynt ye eyne yrwt it healeth same.

The iuce of celidone and romane milk mixt togidder and ye eyne inoyntet yrwt is gud for sair eyne.

Alia

The fyd of fimbrill and iuce wt ye gall of ane scrab and Lome all mixt togidder is oyntment and inoynt ye eyne yrwt it mendis ye sycht weill. Alia

For watterny of ye eyne tak ane red cauld Last smeir it wt quhyte of ane egge and Lay to ye eyne at euin going to bed is gud. Tak milk butter Lome and quhyte of ane egge, temper togidder and applyit to ye eyne at euin going to bed is gud.

Alia

For sair eyne tak quhyte coperos stampit wt watter streane and quhen ye go to bed streik ye ey brois and washis yrwt is gud. Alia

If ye eyne be sair or dim sett ane plaitt abone sett sodden milk and yrwilke drop pis of doue vpon ye inner syde of ye plaitt, keip it in ane glass it is gud for ye dymnes and sairnes of ye eyne.

Alia.

If ye eyne be

If ye eyne be sur it rednes and gritt take ye doung of ane ȝoung barne lay it gritt to abone ye eȝ liddis ȝoung to bed all nyȝt is verȝ gnid.

Alia.

Whosoeuer norise stampitt wt grytis of ane eȝ and layd ouer ye eyne takis away bleird and rednes of ȝat euer it be of.

The Carid.

Carnes and dreid of ye carid is nyȝtlie and diuerss tymes To witt sumtyme ye is noyss and sumtyme myn ye carid lyke as if ane lard ye clokkis of ane mylne or ony siclik sound and yat euin of thir diuersitie or vthir incloȝd in ye carid cummis of colde.

And thir is sumtymes continuall, and sumtymes will pass away for ane space sumtyme ye hearing is altogidder taken away and yat euin of abundance of gross humors in ye hed stoppis ye condyttis of ye carid and ye organis or pypes of hearing sa yat no maner of sound or noyss may entir ym. Sumtyme ye hearing is stopped and humors thick apostomis generit in ye carid euin of hett or cold humors.

And if hett be ye cans ye payne is scharp and ye care rad for ye ȝ cold thingis helpis and hett thingis hurtis.

And if cold be ye caus ye payne is nocht hedie and ye care pale for ye ȝ cold thingis hurtis and hett thingis helpis.

Sumtymes wormis ar bred in ye carid and is generit of hett and clammy humors the taknis of wormis is thair will be ithching and pricking in ye carid, and sumtyme they may be sene in ye carid if ye ar be houldin before ye sone. Sumtyme pane of ye carid may cum of ane outward cans as be sand, grabell or watter may entir ym. And sumtyme it may happin be ane fall or straik and yan ye care will bleid, for may cum be ane apostim of bleid and stantnes of ye place If bleid cummis suddanlie out of ye carid nt out ane manifest cans appearis bot on it appearis yat is sumthing in ye hed nature wald haue expellit, Thus at is nedfull that ye carid be clengit. If yat is apostome in ye care broken it is expedient be ontrynnyng of ye matter. Bot ye care wold be clengit nt lang myȝt nt wyne and dropped ym.

If wormis be in ye carid then bitter thingis sulde be dropped ym as Iuis of wormott or of herbis. Or ayle of bitter almondis dropped in ye carid is gnid. If grabell or sand cum in ye carid it wald be myslie drauen out, And if it can not gnidlie be carid wald be bathit or bathed nt hott ointmentis and to preserue norising Or sould it out or draw it out be cuppyng.

To putt away deafnes at first to reserue it mony thingis help As syng Constantyne bot amang all thingis balsamum droppit in ye carid is best. If it indure thre ȝeiris it is remedill enuch. or if one be borne deaf it is incurabill.

Regiment.

In all diseasis of ye carid ye patient sulde keip gnid temperance in dyett and ayr and drink liklik. Abstene from swerff in bathis or hett houssis and ostymis to preserue norising Ye sulde forbeir all euaporatiue thingis as garlik onyons herbis pois beanis nuttis and not to drink wyne butt watter.

Nota yat gt soner

Nota.

Nota That gt sorrow bris putt m ye Earis it suld be lies warme And ye sare stop= pid wt caddis or blak woll that ye lycour syn not out.

Remedies

For pane m ye saris take grins creisst and lome mixt togidder and putt warme m ye saris it assuagis ye pane.

Alia

Ane addris stone soddin m wyne and bathit ye sare ynto and putt a littill ybf warme mye sare assuagis ye pane. This is also gud if ye sare syn not stumbling mator or corruptioun.

Alia

The gall of ane gait womanis milk and lome mixt togidder wt a littill flix and putt warme m ye sare is prnt medecine. Or ye sand gall mixt wt Jus of leikis and sa usit is gud.

The mis of ompone wt lome and wom̃is milk putt warme m ye saris assuages ye pane ybf.

Alia

The wryne of ane young boy a littill ybf powrit warme in ye sare dryis up ye humo[r] qlk is caus of ye pane and dois gud.

Alia

The mis of ompone mixt wt mares milk and droppit warme m ye saris putt ane ill pane sounding and dying yrin.

Alia

Mak oyle of Rois wt ye flour Rois or ony of tyme wt oyle olywe is ye maner is and putt warme m ye sare is a soverane medicine. Probatum est.

Alia

The salt of hue fox droppit warme m ye sare is gud tyberyid

Alia

The mis of ye Earth soddin m grins creisst and putt warme m ye sare assuagis ye pane wse yis 5 or 6 tymis.

Alia

The mis of rois only putt ostymis m ye saris helpis hering.

Alia

The mis of mynt and lome putt warme m ye saris ilk gud.

Alia

Tak ane clove of garlik be peillit and pik 3 or 4 holles m ye middis of it drip it m syne purifyd lome syne putt it m ye sare and putt blak woll to hold it in And lett it byde m ye sare 7 or 8 dayis and it sall help ye hering mervellit.

Noyis and sounding m ye Earis.

If noyis and sounding be m ye saris proceiding of lentositie or slowme drumbling of ye eares dayis ill dayis thre unces of fmbill watter tua houris before meitt And drip ane tent of blak woll m oyle of rois and putt warme m ye sare wt mid of forbid and ostymis m ye morning fasting And ye eird fasting ower ye decoction of mercurye rois muscatt cinnomyle and rosmarie ye forme ylk abone a clokis pott gr m ye sayd herbis ar soddin is proceiding gud.

Alia

Saffrone and garlik stampit wt grins creisst and putt ye mis ybf warme m ye sare it is singular gud for sounding or noyis m ye saris.

Alia

Tak oyle Rois and a littill vinegar and drop warme m ye sare and mak ane bag of cam= mumyle and melilott and lay ynto warme assayis p mis of ye saris. Oyle of bitter almonds is gud to putt m ye saris.

Alia

Eard Esope m watter and rosmarie ye verb ybf m ye saris is gud.

Alia

The mis of ompone only putt m ye saris yeing to bed is gude for deafnes.

for deafnes or hirsnes

ffor deafnes or Eardnes of Hearing.

Take ane grene branch of ye aspen tree lay it on ye fyre to burne and ther will eum owt at ye end of it bery ane dry stroll full yrof and myct it wt ye wite of hennis egg soll hilde putt a little yrof warme in ye eare and it helpis greatlie for deafnes.

Alia.

The gall of ane hare myct wt ye creiste of ane cok or of ane ill wyfe blak moll yem and drop it warme in ye eare and stop in ye toun in ye eare and it sall help ye Hearing.

Alia

The wod of wormott myct wt ye gall of ane bull and dry blak moll yem and drop in ye eare warme it ynd.

Alia

The gall of ane ox and ye wryne of ane gaitt myct togidder and putt warme in ye eare yat is deafe helpis ye Hearing schortlie.

The gall of ane rane brunt and maid in poulder syne myct wt womans milk and ye pacient ubin wryne putt a little yrof warme in ye eare and it sall restoir againe ye Hearing as sum authors writtis albeit ane man had bene deafe all his dayes.

Off wormes. or hyllis in ye eare.

The wryne of ane zoung child myct nt wryne and putt warme in ye eare drypis upp ye humour abaitis ye working breidis ye hyllis and slayis wormes in ye eare.

Alia

If wormes be in ye eare take ane nevill suburt apill open it ower at syde yat grouis myct ye true Earth it wyll at ye fyre and hyght to ye eare all meyt and in ye morning ye sall find ye worme cum furth.

Alia

If ye worme be creipit in ye eare tak ye ind of ye grene eynd of nettis drop it in ye eare slayis ye wormes.

If ane emis be in ye eare ye gall of ane mous myct with ane nagers putt a little yrof warme in ye eare it slayis ye wormes and stayis ye rugring.

Alia

If ane hard be creipin in ye eare the ind of wormett of millefolie alyke grunttis myct wt wyne and putt warme in ye eare it sall bring her out. Or ye ind of wormett rose or Eurlose putt in ye eare slayis ye beist.

Alia

garlik sodden in hunnyes and putt in ye eare slayis wormes yin.

If ye eare ryn out wosome wormett stampit wt hony and ly to ye eare in maner of plaister it yndis.

Alia

The oyle of bitter almondis or oyle of wormett or Jus of Rois ony of thir stillid warme in ye eare is good for wormes.

Alia

Take blak snaylis roll myct and clenssit at ye fyre wt fresch butter stop in ye eare yrat all meyt yat is deafe wt it nyne or ten meyt togidder and it helpis deafnes.

The face and diseases yrof.

The furr is ane disease in ye face called gutta Rosatta or coprous face. It is ane excessive rednes about ye nose or ayd places of ye face and is generit of hayt humors or of salt fleame.

The furr is ane nyc disease in ye face breiding about ye nose growing first lyke ane litill lard round birnik or knob and full of pure and of pale or leady colloure called holi ne tangere. ane forsaid disease sall never be cundit. ffor if it be pykit or brokin it will spred and infect ye hoill face.

Regimen. In all.

Regmont.

In all diseassis of ye face the patient suld indure Ennger and fastyng sa mekill as is possibill and nocht mekill at anys.

Also ye sicken sal tempir to hald his heid upryght and not to hald his face doim ward bot hald ye sicken. Also he must forbeir grit lauchtir loud speiking and anger. And to abstene fra all salt meittis spyced fryed meittis Roistit meittis also fra drinking of wyne for it is veill. fra onyonis mustard garlike for thay ar wondrous veill And in place yair of use purry scorobis lettis pumpis bruiss succory or endyve in potage or ony vtheris. Also it is very necessar to keip ye bellie laxe and nocht stopping to hald ye hed licht.

For ploukis nyse face fleme of gnaris tempir vt wynegar and Eyne and layd on ye plouke sall cleinge and hail yame.

Remed.

First gif ane hes purgatioun to purge collory be Emmoch tak lyturge of silver and bruntstane alyke mekill sorbe yame in rois watter and wynegar worll and clout in ye said watter and ley to ye schir. Alia

For podris in ye face ane gnid watter. Tak watter lillie ane gnid quantitie stellyame in ane stillatory dryp lynning cleythis in yat watter Let ye patient ly on his bak all nycht and ley ye nerbe cleythis on ye rednes yis eft and it sal pull away ye rednes. Probatum est. Alia

If ane be burgeonnis or ploukis in ye face emmang all vorll be gutt of ye sowris wyne yis. Tak ane yolke of ane eg and bray it vt Eyne and Cerose and ynt anoynt ye face and it vill heale vorll and perfytlie. Alia

If ploukis arys sudanlie in ye face throch vnkynd dyett or ony vyce of ye body Tak ye quhyte of ane eg cast it vorll syne pull yrto oyle olyve rois watter and of scorobis of ilk ane ane spone full and vt a littill wynegar mak ane oyntment and vse it.

To mak ane fair face.

Tak scoynd eruistis frosch Eemis cruist and ye quhyte of ane eg Lauf roistit vt a littill breid mell tempir altogidder and anoynt ye face ynt and it sal mak it fair. Alia

Ye blood of ane bull nocht stane and ye face vesche ynt morne and eftir pull away ye rednes and makis ye face cleir. Alia

Ye vaill of Lauage and ye vaill of lilly sodden in watter and ye face vesche ynt it makis ye face fair. Alia

Ye draggis of wyne and bore morll tempir ad togidder and vasche ye face or schyn ynt it makis it fair cleir. Alia

Crabis dong stampit vt vynegar draw it throch ane clayth and ynt anoynt ye face makis it clene. Alia

Nota To put away rumbillis in ye face Tak snaillis sklop yame small sall yame negbyte togyr and vasche ye face ynt oftymis. Alia

Almond vorll clengit pondir of quhyte Ensoun and boin morll all be grete vt grete of eggis anoynt ye face yat sal gar vold remen appeirand.

for preuitie of ye Lett

The lytt bleed of an ffor frenticles
Aria
Rys sodden in watter and ye face ~~sodden~~ yrwt elengis spottis in ye face and
Aria
Or tonge Beni meak wt oyle of almonds and moynt ye face dois sickyle
Aria
moynt ye face wt ye gall of an Bull puttis aces in frenticles
Aria
Mitt meles sodden in vinegar and ye face moyntid yrwt is gud.
Aria
The Rerettis of lillois sodden in watter and ye face dois elin yrwt inorns and
reem puttis away reidnes in ye face.

The noise.

In ye noise growis sumtyme lyk ffinnis flesh and yat distad is cullid Polipus
Alle is generit of syk flmtis of Limors and sumtyme it will stuff and yit ye yat
lyd it will not fell ye sauour becaus ye condytis of smelling ar stoppit.
To yat lyd this distase can not distorne bot me gud sauour and sebill becaus
ye brayne lakis purgacion throw ye noyse of reell Limors and rotton gle breidis
ye stinking.
ffor gle it is gud to purge ye brayne wt conbenabill medicinis as also ye lyd and
to hold ye condytis of ye nose open and to draw in at ye nose thrillis hott watter to dis
solue ye Limors and elenge ye passage and wse sick thingis as prouokis neising and
purge ye lord of resone.
As to putt in ye nose sumtyme betonis leafis or of gnepte beitis or pyn royis
Mouse-ar all thir prouokis neising and purgis ye lyd.
Sumtyme in ye nose comis excessiue bleding coming fra ye brayne and this
can not ussing wt pane and working in ye four lord and this lappind to manis hand
of thir cause To bitt of ye Brayne and yan it comis wt yir signes foresaid
Or of ye Liuir and yan ye working or pane is in ye richt side and ye bleding
at ye richt nose thrill.
Also sic bleding will com to women and yat dois come of ye matrix and yan ye
pane will be about ye nabill.
Sumtyme yis bleding is profitabill and sumtyme unprofitable. That is to bitt.
When it lapind to him yat lyd mo feber or fronsie in ye day of ye clanging
be moving of blud yan it is gud. Sickly ye giffin bleding comis of ye Brayne
it is gud for ye lyd and cleirid ye sicht wonderfull and except ye bleding be ober
excessiue it sould not be stoppit at ye first Incase it being stopped it pass to sum
nyk pt of ye body and gener yr ittar Inconuenient.

Reymont.

Gyf yat lyd ane calf tur or Reame distilling doune out of ye lyd or Limors in
ye lyd or ane apostemacion to bleid at ye nois is gud. And if bleding com after
a scribnid it sould not be stanchit except it be excessiue.

Remedeis for bleding

Remedie for bleidmg at ye noise

To Restrene bleidmg at ye noise yat is excessiue The vtter gts sd garded and armed wald be extremlie bmidm werk and cast m ye face watter m romeger. If ye bleid be so vehemont yat it can not be stanchit, bmd ye singar mek ye littill singar, on yat syde yat ye bleid on sa fard till it ceasse and it stanched ye bleidmg specullis on ye left fand.

And weill mix finding clayth m romger and watter and lay cold about sd stound or upon sd nois and gif en it warmed weill mix yis and lay to agane. Or if it be mix woman lay it to fir prohibited. Or cold flint stand fayr upon ye wayme of ye tempills and Laidm fard vpon mix and space it fall stanch ye bleidmg.

Alia

Mix ye poziment of all guid practitionars Take sayne dongall fall sd it may be had from ye sayne clongs away ye congeald bleid fra ye nois putt it m ane clayth and hold it to ye nois cloid sa yat ye fud perce vpp m ye nois m yat syde q ye bleid cumd and it fall stanch ye bleidmg incontinent. Probatum est.

Alia

The assd of bryut quitt of rois blaam vpp m ye nois stanchis bleidmg.

Alia

The poulder of bolarmyne mixt wt ye fud of Bursa pastoris and blaam m ye nois stanchis. Or ye dry poulder of bolarmyne blaam m ye nois dois lykewyse.

Alia

Mak mix plaister of pottard clay romeger and quhyte of mix ey and apply to ye codis and it fall stanch ye bleidmg. Probatum est.

Alia

Take ye rod nettill quitt and chows it lang m ye mouth bot lett it not ower thy Lalls and bot doubt it will stanch.

Wirne Gemms seddonis and pblois poulder in thy nois.

Stmbling of ye nois.

If ye nois stmble That cumd of corruptiom of ye brayne Take cloues ginger and callament ayk ye quantitie of ane nutmig quhyte wyne and yat wast ye nois thrillis and yefter tak a littill poulder of Pzitrum m ye nois to prohibite nesing. And if ye cauis come of corruptiom of ye stomak purge ye stomak. &c

The Tenth.

The pme of ye tenth is most grevous and sore and galey The cans yof ermed diuerss wayes to bitt. Sumtyme of Lumors descending out of ye hed to ye tenth. Sumtyme of corroding or sitting of wormes yenerit of ye said corrupt humm gall is gadderit vnder ye tenth. Or it may cum throch drinking of hott wyne or eatting of hott spyces or sitting of roisted apills peirs or sic fruittis.
Or it may cum of ane hott lever and stomak or of humm sitting from ane corrupt stomak ascending to ye roittis of ye tenth and yai infecting yame and yof cumes ye stinking of ye tenth.

To Cure

If it cum of hott Lumors ye pme is sharpe wt redines of ye face rochnes and dry=nes of ye thrott wt thrist and bitterne of ye mouth.
If it cum of colde Lumors ye payne is hard wt working of ye hed wt swelling and pale=nes of ye face wt sone boldyng or rysting and vnsaberyne of ye mouth.
The tenth ar sumtyme hoillit wt cauld, sumtyme lowe, sumtyme they ar colourit wt yellow grene or blak and all yis cumes of Rotten maystrie yat cumes out of ye stomak to ye Lumors or strengis of ye tenth and yof cumes ye loosing and fallyng out of ye tenth and of yat rotten Lumors ar ye wormes genesit in ye roittis of ye tenth.

Remedy

For all pane and working of ye tenth and stink of ye mouth use oftymes before and efter meitt to wasch ye mouth wt warme watter to clenge ye mouth and purge ye Lumors from ye goumes. gall descendis out of ye hed and vse yis and others morning fasting to wasch ye mouth wt clar colde watter and rub ye tenth wt ane sage leaf or wt poulder maid of cloves and nuttmuggis.
And forder lattis yam eschewis all tart or sour meattis and cheesing of lard tynges all meitis of evill digestion. Roisted apills and ill day vr morne to tak ye mouth full of colde watter theyis and hold it yrin till it be hott and yr warbin to tak ye hap of ye skynnis or ibyr clene clayth and yn rub ye tenth, weill gall wilbe thick fuzzitt and is causs of stinking breath and to purge ye breist and thrott be spitting out of all corruptiom yaddout in ye meitt.

Nota

And anis or twyse in ye moneth wasch ye mouth wt [illegible] ane of ye Rutt of spurge is sodden.

Remedies

Tak ye rottis of Lenbane saith yame in vinegar and hold watter or gargete myne and wasche ye mouth yrot warme and it puttes away ye pane.

Alia

Tak seye and pellitorie and saith yame in vinegar syne hold it in ye mouth als hott as may be suffred puttis away ye pane.

Alia

Stamp onyons lenge yame wt gromed pepper and salt put in ane littill cod of lindny clayt and hald hitme ye sair tenth it mitigattis ye pane.
Nota. Be war of pulling out ye sair tenth, except it be rotten and lous and fall out of itself for oftymes be rinnar pulling out of ane lous tenth may ane goneris yrittschyng
alia, Pellegranitis and

Colloquintida and rosmeyer soddon togidder wesch ye mouth ytrof Eett and itt puttis away ye pane. Alia

Nota Stamp ane Eard of gatchlow rootte and lay to ye wrest of ye arme of yat syde yat ye pane is on, Lett it not touch ye brene of ye Ende, cover it wt ane spoone or bakmatt= stEtt and Lett it ly all nycht yatt and it sall blister ye skin and ye humor sall com out and ye pane sall gang away. Probatum est.

Alia

Tak ye Eirb callit Grund Ifue ye Leaffis yrof brasse yame and lay it bot me ye Eirb and ye sair taith It easses ye pane. Alia

Tak middill barkis of boutrie salt and grund pepper mict togidder and lay to ye sair tothe it grude.

The Leavis of strabery if they be lang chowed in ye mouth easses ye pane.

Nota

Seith ye rootte of sperge in wyne and yrof wasch ye mouth verie monie time and thos sall neidis be diseasit wt ye tothewarke.

Alia for scabbin gummis

Ros sodden in wyne and layd to ye toth it gmd or bayndrit fane and salt or ane stalke of rois brunt in ye fyre and ale Lett as may be suffered thrust it into ye toth.

Alia

Poulder of pepper tumzed wt grund wyne putt it warme in ye mouth and hold it yrin till it be colde yan spitt it out. vse yis oft it assuages ye pane.

Alia

Tak lome sodden and skumed put yrin poulder of pepper salt it till it be blak, lay it on ane sege leafe and lay it to ye sair tothe it grude.

To gar sair toth fall out but pane.

Tak ye Littill grene froggis yat breidis and sittis upon treid ald gritt quantitie as ye may gett seith yame in watter till they be consumit. Tak ye fatt yrof yat flowis abone and berp it in ane clene rostfull inwynt ye toth yrwt and it sall fall out. Be war ye touch na ma toth yrwt elles it sall consume wyt toth also.

Alia

Nota Tak ye mulk of Sperge pellitor of Spane and galbanum tempr it wt flour of gnyde mak dosch yrof and fill ye toth yat is brokin or Lossit yrwt gif it remane yrin a certane space ye tuth sall fall out. Alia

Nota Tak ane nerue of ye earth bruntt ane inche in ane nut Lytt tyld stane to poulder Tak ye poulder yrof and fill ye Lossit toth yrwt cover ye hole wt wax and ye teath sall fall out easilie.

Alia

Roist ane clove of gatchlow and lay Lytt to ye sair toth it grud to assuage ye pane Probatum est.

Alia

Tak crass fett ye Eirbe ye maloryd yll is ruche beise it tempr it wt salt and lay it to ye midmost ioynt of yat syde yll aggreis to ye sair tuith on ye syde yat ye pane is on and bind it to wt ane cloutt It sall assuage ye pane.

for tuth Lossit wtin

For toth Loosett xb^tm.

If ye toth be loosett xb^tm fill ye Lose full of ye dong of crab or ofane Ram and it sall brek ye tuth.

a tia

Tak Half vnce of treacle xb^l morsell popill seed xb^l morsell pellitor vnc dragme of agrabite mix altogidder fill ye Lose of ye toth yat and it sall ease ye panegritie.

Melt wax and gromil popper togidder fill ye Lose of ye toth yat and it holds out ye cold and defendis ye toth sragoling.

a tia

Tak mustard popper pellitory of stane nutgallis stamp all ane pouldir seth yame in vinegar and putt ydof in ye Lose of ye toth Lose and it sall do gud.

a tia

To clenge ye mouth and fasten ye toth Tak sego wodbynd Leaf xb^l gu intrite ane spone full of Lem xb^l yritt xb^l a nutt full of alme seth all in a quart of fennyng water into ane pynt and wasch ye mouth yat Lang warme 3 or 4 tymes xb^l day yis ye teth be Loose wtt of ye vmit of alacoimpana and it sall fester yame.

To mak teth quhyte.

Tak quhyte bred and of ye Calmistre stane Stamp yat all be in ane brok bayn yame and mak pouldir ydof rub ye toth yat and thay sall be quhyte.

a tia

Ane gruttit Lorne brunt and mad in pouldir rub ye toth yat it mak yame quhyte.

a tia

Tak beir mask Lome and salt and rub ye toth yat it mak yame quhyte.

a tia

Rois mary pellitar and of gum sodden in aqua vite and Lay ydof to ye sair toth assuagis ye fluxe Lustrik if it come of colde cause.

a tia

Ane nutgallis xb^l in vinegar and Lay to ye sair place of ye toth cause.

a tia

Worm caddos in aqua vite and Lay to ye toth take away ye dolour and congelat and of ye same.

a tia

Nota Quhyte Rynd in ane ye grene bark of ye ask in trie brunt in pouldir on ane grit drill or in ane fine kadill putt in a small lidny clayth bind it in a thred Lyke a small button wett it in colde watter and Lay it to ye nayne on ye Emorsyde on ye eare on ye sine syde ye sall brok ye Lyde and bring out ye Emord and swage ye pane. Probatum est.

Nota for ane stinking mouth.

If ye mouth stink vsche it oftymis to vinegar and watter and clap maskill in ye mouth a gud space.

a tia

Seth Emotsyrd myrt and cloues in vyne and yat wasch ye mouth oftymis.

a tia

And if ye toth be rotten it is best to tak it out

If gulsom ane toth to drawin out it blaudis mekle. Tak ye yolkis in ye middis of ye Rois callit Anchora seith it in vinegar and wasch ye mouth yat and it sall clenge ane Lull it werk.

ye tongis

The tongue.

The tongue of man is yat instrument or member of man wᶜʰ not only ye tastyng but also ye knawledge and vnderstanding of mans mynde is expressit and knawin and is bayth ye best and worst member of mannis body.

The tongue besyde lesyng, sclandering, blasphemie of goddis name wᶜʰ gif it is out repentance and amendement may not only bring hurt to ye body but also to ye saule.

In ye tongue is generat diuers impediments. As stambling, lyspis, grimlis, passio or apoplexie.

The cause of yis infirmities or impediments. If ye tongue swell it comis of corruptioun of blaid or superabundance of reume or of euill drynk and surfetting, for gᵗʰ it is gud to be lattin blaid of ye tongue at tyme and place conuenient.

If it cum of Reume, It is gud to hald in ye mouth ye rute of myᵗ yard called scabiosa and to hald it als long as he may fyue or sponefull at ane efter anis.

If it cum of ye palsy it cumis be ane gritt hugar or feir or elis of extreme cold or elis of drinking of ouer mekill wyne or of drinking of euill drinkis of sindrie browings sum gud sum euill sume wax sum staill all mixt togidder or of outting of euill meitis.

Vse yᵉ foir diuersis tymes to lay vpon ye tongue ane grane of cast and abstene fra all sic tymis as may be occasioun of yis sekines before rehearsit.

If yᵉ cumis stinking in ye tongue or lathlie it comis of a collery humour gᵗʰ causis aridite and dryues of ye tonge. Efter yat it is gud to vse mekill loith and moyst tymis.

If tymis be byles and blysteris on ye tongue it comis of surfetting or euill dyatt and laitt drinking of sott or stark ail. And it may cum of hitt of ye stomak.

Regiment.

For yis mater vse gud dyatt tane purge ye hed and vse ofteruis and sternotatiouns and sicht tymis as dois probable nousing.

Remedie of lesie in ye tongue.

For lesie in ye tongue tak rasis pollitor, sage, mustardsid, cloues, and salt of ilkane ane quantitie stampit mayd alyes sa lang till ye stanck gif be sodden in ye ayle and be thick as ayntment anoynt ye palat and throt ther and it sall help suthly.

If tham be stoned in ye tongue tak ye herbe called Pelipey or and chow it in ye teith and hald it lang in ye mouth and it quicklie and comforts ye tongue gretlie. Or tak ye said herbe and gnyt member fed ye lesie anoynt it in ye mid ydoss before ane fyre and it sall help and quicken yat member gretlie.

For palsy of ye tongue or gif ye tongue is full of humis and ye patient cannot speik because ye stomak of ye tongue is full of humors and appeared oft in ane seuer agane

tak ye seids of

Take ye seedis of Carss and mustard and chow yme in ye mouth And hold it long vnder ye tongue and it helpis mekill ye dissead. Alia.

Ye powder of Castoreum vt holden in ye mouth vnder ye tongue till it be dissolued and molist wele wt of ye same offend. Alia

If ane haue lost his speich Seik gross rose in watter and gif him to drink is ynd.

Alia

Or putt tryakill in his mouth is gude sykernesse.

Alia

Or if bene almont watter and drink sall gar him speke.

Alia

Take Sabyne ye leavis of pyone and pepper stamp and tempe yme wt wyne and drink it sall gar him speke. Alia.

Ye seedis of zerde mustard chewin in ye mouth and holden long vnder ye tongue is ynd.

Alia

Pulliol Ryall sodden in vinegre and drouen and ye herbe laid to ye noise is ynd to restore speich suddanlie lost. If ye tongue be suddanlie wrythed throt cold Take sage and pellitor seik yme in wyne and mak ane Gott gargarisme of ynd.

Alia

If ye tongue be blistered seik rosis and violettis in rois watter and washe ye mouth yrwt. Or washe ye mouth wt wodwyne and ynstraw ye powder of Nutgallis yder.

Alia

Sage and pymprioll stampit and sodden in milk and drouen is ynd for palsy in ye tongue yat tubis away ye speich.

Ye mouth and thrott.

In ye thrott is generid ane dissead. nimed in latyne Angina in Inglis called ye squynancie or ye scalling in ye thrott Quhilk is ane apostome bred in ye thrott letting ane man to scaithly ouer ather mett or drink. And sumtyme it will grow sa fruitt yat it will stop ye wynd.

And ye is fone bynde ythe.

Ye first dois not appeir outward bot all inward and yat is deadly Incurabill except it be ganckly curid.

Ye second dois sumtyme appeir outward bot mair inward nor outward and yat is not sa dangerous is ye first.

Ye third dois appeir both inward and outward and yit is not sa perrellous is ye vyr Nochtheit it dois continew longer nor ye vyr dois.

Ye fourth dois onlie appeir outward and it is na perrell.

Ye cans of ye infirmitie dois cum of Reume descending from ye heid to ye thrott.

And it may cum of vaporous humors ascending from ye stomak to ye thrott.

And ye apostome is fonnd and bred wt in ye Littill Gristlie betuix ye wesand of ye throte and ye pype quhilk receivis ye meatt and drink. And is condenlie ioynid of blaid flewme or melancholy. Bot nother of collor.

Note ye first cure

Nota

The first enemy of yis evill is to fett blood of ye wayne under ye tongue and of ffrenyng and coupping or lowsyng in ye neck and shulders. Then sulle lyes to medicines yat ease tyght and clongs.

Regnant.

Thrie thyngis ar requisit to cure yis infirmitie.
First to lett blode of ye wayne Cephalica.
Secundlie to purge ye hed wt pyllis of Colfis
and thridlie to use ye garyst and clystord.
And then lett ye patient absteine from meit except it be ye broth of a clobon
and to use ptromok and oximell.
And tak ye lytill peice of babone or ane peice of ane natter stronge anoynt it
wt oyle olyve and bind ane starck threid about it then lett ye saide man softlie
doune and meant mont pull it up againe and be sure of the threid yat it brok not
hold it fast and pull it up quicklie
If this drissel brok inwardlie it is verie dungerous.
And gyfen ye apostome is broken yis him to eit yolkis of soft rostid eggis and ban caill
and to drink watter q^m bere is sodden it purgis and clengis.

Remedies for ye thrott

Tak ye hord of lilly and lob under stampe yame and tomix ye iuis yrof wt milk
of ane sow and yat ye garyst and wasche ye mouth and gar it glitt in ye thrott quhe
ane spuce and it sall brok ye apostome. Quilis milk gyf ye cow hes nane to gaid.

Alia

Verbyne sodden and stampit and layd to lett in manir of plaister is gaid.

Alia

The ordour or gilly of ane nicht brunt in ane new skaill layne pott to powder syne
tomix it wt lome anoynt ye sair yrwt it is gaid.

Alia

The decoctum of Scabiosa ather gargyst or drobey or amplastrit cures ye
squynancie that is past remedie. Probatum est.

Alia.

Nota The mouth of ye patient beand oppynit putt ane lang stik dome in ye throt
and towche ye place of ye apostome and prick it wt ye sharpe end of ye stick
but yis is na thing sa gud as many authors hes proben.

Alia

Tak rosmell stamp and tomix it wt lome mak ane plaister yrof and apply outwt
to ye sair and it sall help ye apostome to brek and hail.

Alia

Tak morsus diaboli gett it ane mekle and bather and roaste ye mouth ofttymes
yis wt waxne is gaid.
Or waxne meikle it allone is gaid for it mollifeis ye apostome.

tak figgis rasingis

Tak fygrid, Rasmyrd, lycorid, amot sorid of all3 mo dnes soft yme m
watter and ostrymd drobey id wery gnid for sygnydncid. And noynt ye sur place ~~yat~~
entrit nt oyld of candomyle violettis or of swertt almonds mixt nt lomyd creissy or
nortt unnessem well ygny and lay to id gnid.

A lia

ffor pine or scoellng m ye Eald or surend Tak soft Eritt Otorp m nyne or frill mi
myelt and putt ye licour m ye mouth and gaz it glutt m ye Eals3 mo gnid space and it
holpis mebill. Probatum est.

Nota

If ony flesshe or fisshe bane or preno or ony sic thing gang dom and stick m ye
thrott bolt or nyfand Tan id na nyf remedie butt to loist it out ygane or to provoke
vomyst be all possible meanis and ydby to expell it.
To drink Stanygrope id gnid to caus vomyt.

Canker m ye mouth.

Thid distas must tendonlie Lapnid to scabbing barnes alb mony tymes throt
corruptions of ye milk bernomis vapors arysing fra ye stomak and mony nyf
occasionis Tan broidis m ye mouth of childrene and canker of alb ye tyngis
and tabnes ar manifestlie knawin. That id to sy stinking m ye mouth full pus
m ye sur place, Continuall rydmy of spittell, scabbing of ye cheikis. And quhen
ye mouth id opnid ye sone ye may sie clerlie and ye canker hid fortt will
spred abrode m ye mouth and crep and mak bakward and forward.

Remedie.

Tak Isope, sage, Rew, of ilkane me gnid Landfull salt yme m nayne and wat
ter mto ye tynd pot then stryppe it throch mo clayth and syne putt ydto me lettill
fulyte copnid according as necessitie requyrid.
If ye sur be gritt putt ye mear and if it be littill putt ye less Tan putt ydto me
gnutitie of purifyed lony nt me spoonfull or tuo of gnid Aquavite mix altogidder
and nt waschis ye sur it id me singular remedie to remove ye pane m me schort space

A lia

A sim Authore merit Crystall mad m syne powdir and me singular medecine to
destroy ye canker.

A lia

Tak armoniak and melt it nt lony and putt m ye mouth id gnid for ye canker.

A lia.

ffor canker m ye mouth of scabbing barnes tak nmegis and lony and salt yme nt
me littill quantitie of alme and pt of sage and nt me red skarlott clont bound on ye
end of me stik

Rub of ye stile, ye ashes of ye clyfte mouth efty mad ytht warme and it shall purge ye mouth and heale it. Probatum est.

Alia.

Ye leaffes and seed of popular trie seth yime in water and temp yimen to ye of bro-lotti and edmomyle, make ye plaister ythof and lay about ye nekk warme it wery ymd for ye same.

Alia

Ye leaffes of Elder trie and wdtoth stampit and sodden wt hony and butter make ye plaister ythof and lay warme about ye nekk it ymd.

Alia

Take dry rod rosis and violetti clyke grinttio make ponder ythof and mix wt a litle hony and ytht moynt ye skin. ytht medicine is wery ymde a tender scabing eyelde and many tymes will heale wt ont ony ayt thing.

Alia

If ye mouth be blistred or scaldit throch ytht of ye stomak or ayt ye ytht be slayen of ye mouth or tongue.

Take ane nutt gritt of alme seth it in water till it be meltit sold yat licour warme in ye mouth ane gud space and putt it out agane, bot lett it not ayter ye kalfe nise thid at even going to bed and it shall heale it.

Ye leaffis of Elder trie throwin and solden in thy mouth in ye myelt dois ye same.

Or putt ane nolt gritt of alme in ye mouth and lett it melt it alme hold it a litle X
quhyle in ye mouth syne spoutt it out is wery gud. Probatum est.

Of Scalling or paip in ye eavis of ye mouth or thrott.

Ranula.

Ther is ane scalling ytht breidis sumtyme in ye eavis of ye mouth in maner of ane paip and is callit Ranula

And is generit of colde flyme humoyr falling out of ye hid and sumtyme dois hing dome in ye mouth of ye thrott. And if it be gritt scalling will mak impedment to ye speche and it may cum of syclthond blaid And is to be nameit thaid.

If it cum of syclthond blude, then is ye rayne or palp gritt hing and ye raynes of ye forehid ar gross and scalling, for ytht it is gud to be lettin blaid in ye rayne, Cephalita.

Regiment:

Yai yat have ye disease sall absteine fra colde drinkis and specialie fra milke and chaiss.

Cum dois cutt af ye rayne or palp bot yis is dangerous.

It is gud to lett blaid under ye tongue or upon ye raynes of bayth ye thombis of ye hands And this sould be done at ye beginning or first fand ay ythof for yis it helpis gritlie.

And to hym yat have scalling in ye eavis of ye mouth and may not weill draw his end it is gud to pull ye patient be ye lap of ye ear upward swa for be yat way sum hes bene helpit ythof meantment.

It is good also to take ye patient be ye hair of ye forehead and pull it upward also ye
moustaches of ye mouth.

Remedie.

Take grete Centorie, bray it and cast it on ye coales then take ane thonell & ane
instrument yat ane wyde end and ane narow. put ye wyde end of ye thonell upon ye smoke
of ye incense and ye small end in ye mouth, and receaves ye fome yrof in ye throat and it does
good. Probatum est.

Alia

Or take salt ermoniake and bray it upon ye coalles it helpis.

Alia

If it cum of ony accidents as of sinistruous moysture or colde. Take ye grete donge of
ane dog yat is dry bray it in poedor then take salt and dry it in ane pin on ye fyre till
it be brone as ashes ane alye ye nutritis, bray yime togidder. Take of yat poedor put upon
ye swelling and it sall do good.

Alia.

Tirne ane snaill and mix ye poedor yrof nat lome, lay it on ye end of ye thumbe
and then thrust up ye palp yat is good. Or lay grund pepper on ye thumbe and do
sickerlie.

Alia

Take ye poedor of brunt alume and lay it on ye sair nat ane stynk drypit in vinegar
or on ye fingar.

Stubing end.

If ye mouth stumble waishe it nat ofter.
And stamp pepper and tong it nat ryne and hold it long in ye mouth puttis away
ye cauld humour.

Alia.

If cauld humour of ye mouth cum of ye stomake stamp comyne sorte it in reyne
or watter and drinke it.
Or sorte hardmynt in vinegar and waishe ye mouth yat is good.
Or in ye morning put ane or twa cloves in ye mouth and hold yime betwix ye teith
and ye cheik ane good space Or chew and swolle down ane cloves is good and mak
mirrie sae out end.

Sair lippes.

If ye lippis be sair and ye skyn broken, make salve of frier leaves and lome to-
gidder and lay upon ye lippis, and lay ane streyne of ane dowbill about to hold out
ye weit and it heales weill. Alia
Make salve of bursa pastoris and lome and lay to it sall heale it quhether it be outh or inth
Take lome and ye dry marck of ane leg mix togidder hett yime on ye fyre and anoynt
ye lippis yat is good.
Or anoynt it nat hatt oyntis is good. Alia.

malt butter is

Moist bitter wt hoyrnd croistes, syne wesh wollsyn and syst wt anoynt yo mouth and lippis wairme vō gud.

alia

If yo lippis be Lakbit anoynt yāne oft wt yo Iuis of maris or lilly vō gud temporit wt hony.

alia

Clo thin stuffine yat vō ist in yo stholl of ane eg layed on yo sair place vō gūd.

alia

For blaind in yo lippis yo croistes of ane gūis or colt or hen temporit wt Iuis of plantane and hony anoynt yo sair syst vō gud.

The Breist and lungis.

Darsines of yo boce pane in yo breist and schortnes of yo end cūmis many wayis vō sinnyme thro drynes or drouth cumming of spitt of yo stomak gll makis yo Lalss or pype of yo boce to be dry and rouch and constr ane man to speik Lawlie and wt gritt pane and preibling in yo Lalss for lak of moystnes and wt a dry hoist.

Or it may cum of ouer gritt moystnes as gnsen Reume descendis or falls doūn out of yo hid in yo Lalss gll breidis ane hoist wt abundance of spittil in yo mouth and vngis Reume fallis vpon yo pypis of yo lungis and pntrifies and infectis yo substance and yoff vō generatis yo diseas namyd yo tesyk.

Nota abone all symptōis wil yat be diseasit wt hoist or stopping in yo breist, Sould labour be all meyis possibill to hoist and expell out fleume and ymmōd gr ouer thay fell yame in yo breist and vse all ye symptōis vō may lang fleume.
And quhen ouer vse yis may last long, for vō fleume dryis breidis sa wald it be expellit and nocht suffred to byde in yo breist.

Off Dersines

Regiment.

First for Darsines of yo Lalss gll makis ane man to speik lak and wt gritt pane.

Do fill thairto all sygar salt and sharpe symptōis, slipmg mye day, mobill nallmg gritt cold, Lang speking or crying. Clabstone fra ronnegar bremes, salt mouthis, raas Lorbis, and fowlthis, fischis, hymnis gross mouthis and gut coplotrum fra milk, drunk not. Ye nyc meatis.

And vse all sweit symptōis vō apillis sodden wt sucker, Rasingis, figgis, lycoris, almonds, milk, sucker candy, Eubebrich.

Remedies for Dressines

Remedies for Earsnes.

For Earsnes of long continuance Take rasingis, figgis, graces, rasingis, cammell, cloues, of ilk ane a lyke quantitie, seith thame weill in wyne and drink it morning and evenning 3 nuces at anis. Except ye Lacke a fever.

Alia

Take Isope, Rasingis, figgis a lyke quantitie Lycorus and bruse, Seith thame all in watter Into ye thrid pt and drink yrof at morne and euin at euin thair space after meitt. It is gnid.

Alia

Isope watter confect wt gnid quantitie of white graces and vsed anis spounefull at anis is gnid for thame that be deif and dull. And it is gnid morning and euin to anoynt ye breist wt oyle of lillies or of sweitt almonds mixt wt fresh butter in stead of salt in maner of oyntment.

Alia

For Earsnes of ye nose It is gnid thrie morningis ilk day till swelly down ye nose of ane Lard of Kaes.

Alia

Take ane neis Lard of pult out ye gnid yrof and fill it full of oyle olyues Laitt a little at ye fyre and at euin going to bed eitt it and it is gnid for Earsnes.

Alia

Garlick stampit and sodden in sweitt milk and drokin at euin going to bed is gnid for Earsnes.

Alia.

A mott stroke vsed is gnid for Earsnes.

Alia

Ye drink nearne milk in ye morning and at euin is gnid for ye same.

Alia

Take oyle olyues, or in defalt yrof gnid fresh butter seith it in watter wyne and drink it morne and euin all Lott it may be fasted putting ane in ye Earsnes.

Alia.

Ye Loues stamp roist onyonis and eitt yrin nt oyle and white graces is gnid Ye onyonis stryed in butter and eitten nt white graces is gnid for ye same end.

Alia

For deife Eares the Leaffes of baloreane stampit in milk and drokin is gnid

Alia

For pane in ye Eares make ane Tesne of Lycorus sodden in watter, and putt yrin sucone candy, drink yrof at euin going to bed, and at morne dipt ane toist of bread yrin and eatt.

Alia

For Earsnes and cough. Ye gum of Elemi trie dissolved in aill wyne and supped drawis ye Artories of ye breist guthis.

Alia

Ye cuttis of Annis compina, mallowis, Lollyfoke, figgis, Lycorus, all sodden in white wyne and drokin ilk day taysse is gnid.

Corepit. Mortmarus

Ceropid, Olectuarid for ye breist.

To make Ceropid yᵗ is better of watter of mort ye may take yᵉ nutritiue yᵉ pleis. As thus quarte, thrie pynte, thre choppins. Ye mort may be pleyet wᵗ hott, called mᵉ ewold. And ye watter of clene well watter. Then take ye herbs following or yᵉ of tyme sic as may be had at ye tyme. viz

Simle cumpane vᵗtis grene or dryed, Isop croppid, grene sinbell rosmᵉ or stedis pleyit, malueby cropid grene persell cuttid.

Yis herbis forsaide ye maist speciall gude to putt in all broyis. Qᵉy. suld be brus= sed weill, Then take foggis, rasingis, lycoris, mᵉ quintice of ellone, ye lycoris well brused in mᵉ buoling stane, and ye foggis mᵈ rasingis cuttit and rebin in small peces.

Seith all thir in mort or watter into ye thrid pot, as sa thrie pyntis till mᵉ. Then draw all throch mᵉ draucht clayth, and quhat quintitie be of ye licour, take half ilsmoll gude hony, seith all on mᵉ soft fyre till it be so thick yat ye drop stand on yᵉ naill, Then putt it in mᵉ close nosthell and use it mᵉ sponefull at anis, at morne fasting, as a soueraine gude propᵒ to clenge ye breist of fleame.

Olectuarid.

Till all Olectuaris, ye spyces suld be grouand in fyne poudor, Then take hony and purifie it on mᵉ soft fyre and scum it weill, Then mix ye poudor wᵗ ye hony fyne putt it in boyst and use it.

Ye poudris suld be mixt according to ye complexioun of ye patient hott or colde viz if he be hott, putt ye half of hott spyces, and if he be colde ye mair.

A nice gude Olectuarie for ye stomak to purge and confort it. Take of canell cloues, gallinga, maces, lycoris, succour, mmotstrige, cmmyne, pepper, of ilkone a lykis quantitie, mak tyme all in fyne poudor, syne putt tyme in mᵉ pynt of hony and yᵉ tyme mᵉ play vpon ye fyre. putt it in mᵉ cloist nesthell, and use it as mᵉ soueraine Olectuarie for ye stomak.

If Ceroppid or Olectuaris be maid wᵗ wyne, ye wyne suld neuer be hott, for it garris it tyne ye strouth.

Tesane.

Tesane is maid thus. Take mᵉ handfull or twa of gude clene dry beir, bruse it small in mᵉ buoling stane dry, and weill it not. Then take of clene well watter thre pynte, and wᵗ a quintice of lycoris, stik all in mᵉ clene pott till ye tua yᵈ be consumed vnto ye thrid, and till ye watter be colleᵗ with lybe to ye beir Then coill it, putt it in mᵉ clene nosthell, and use it as mᵉ speciall gude drink in mᵉ sueor.

for mᵉ dry Cost

for ane goisst

ffor ane dry goisst, tak ȝe sope gyffen it is grene, ane gwantitie of dry seggis ane gwantitie, & ilk ane grene treistle wyne, and at morne and eam tak ye seggis, and drynk of ye wyne, and it is gud. Probatum est.

Alia

The ane of lubis soddin in ayle of ayre and drokin is gud for all wesoment blastris or coñeglis.

Ogimell.

Tak tua ȝet nettillis and thrid ȝet doun ane portioun of lycoris, sorte ȝame all togidder, and ill dry at morne and eam, tak thrie spounefull at ilk ȝett as may be suf- fred and it is gud for ye breist and loose fleesme.

ffor apostome nyȝt breist, stamp madid sorte ȝame in freiste butter, stray no ȝame and mak ane oyntment ylof and ly upon ye breist.

Alia for ye coeght

Algor. ffor ye coeght bot it nocht so gritt, tak poudir of keyntstane als mekill as ye will
Nota. hald bot ane thrie fingeris, putt it in ane soft rostid ey and tak it at morne before
nicht, sua ye coeght bot it nocht so gritt in yat space.

Or tak ye said poudir, mix it wt ley or boarid cruistis, mak pillouris ylof and
swelly doun ye first dry ane, ye secund dry tua, and ye thrid dry thre.

Tesyke or Consumptioun.

Tesyke is ane blestra'on or bleding of ane of ye longis, be reasone of ye
Evill bodi of man fallis into, consumptioun in sic maner that it wastis and dryis con-
sumis ye Evill natrall substance of mind bodie bot ye sekyn.
And ye mair Cause ane yat Evill yis sekenes, for nocht stone dry to dry Ee vapouris
bynar and dryar, yis Evil fallis out, and ye nocht ane contineall goisst and sumtyme
spittis corrupit mater, and blaidis stranyis wt all.
And if yat gle Ee spittis be putt in ane basyne full of watter it fallis to ye ground
it is so Evill.
And yis cumis throcht contineall droppyng of Rewme fra ye Lord upon ye longis
gle thrid and makis foulis in ye longis wt bylis and scubbis ye contineall droppyng
of watter throcht ye stanc.
Sumtyme it cumis of gritt dryne of ye longis gle makis ymo drinkill and abill
to ryse and brek ye Leaf of ye stynotrie in ye Ender end of Lang oist being all riddit
for dryne blaidis albeit wt ye wynd. Bot nocht ye longis ar grobit wt sic
scubbis and bylis they may not mocht natrallie, and so ye Eyart is not sufficientlie
scheit wt ayre, and nocht ye seaar ye sykis cumis wt ye Tesyke, gle wastis ye sub-
stantiall moystur of ye bodie. Bot diseas is difficile to cure.

of ye tesyke yt

Of ye tessike yat is confirmed or incurabill thrr ar ye signes, Contynnes cill syatt, ye palmes of ye hands ar soft and sharper in ye sollis of ye feitt, Redness in ye cheikis, straytnes of ye end, thrust out ye tongue, smalnes of ye neck nonstrng and consumyng of all ye bodie, grutt feeble and clawing in ye nailis of ye feyt.

Doeing of ye eyne, ache and working in ye left arme upp to ye scholdor, fallyng out of ye hair, and yat is ane takin of deid schortlie, as trimbling spittell in worsome and corrupt mator, And if it be mair trimbling nor it was wont, It is ane evident and sure signe of full corruptioun of ye hyppis.

The thick substance of ye eyne falls to ye grownd.

Regiment.

Galen speiking of yis disease sayis it is incurabill.

Nocwerthelie to geue counsell to yame, to desyre ane mountane, far from salt and watter grounds, that yby ye lyffe micht be prolongit for a space. Nocwerpleis it is nedfull to releif ye pane and help yame all maner wayis it is possibill. Abstene fra all spyces, bot sufrone, fra all sowre thingis, be not hungry nor dry, use nurtris yat be lycht of digestioun, and restoratyues, as colloyis of capone, almond milk, hulled barly, yolkis of eggis, poched caskis wt sucure. Lat mirrolis wt out lubrecity of ye body, abstene fra all lacatiues medicines.

And ye thing yat is most profitable for ye syne is to drink ane morning ane drink of asse milk wt powder of sucure sone eyrd before meitt, and ane desalt yolk, tak yairby milk nocht milked wt sucure, and mix yat wt sobrie tyme ane spone full of powder of sucure Rosat.

Ane womans milk micht wt sucure and drunken it wes helt sua at morne colder is gude for ye syne.

In desalt of sucure drink it wt wyne.

tak ane vncis of

Remedie.

Take two vnces of powder maid of pymponell and put succone mak two electuaries put three vnces of pymponell watter and noght it seasu morning.

Alia.

The watter distillat of snaillis is proffitabill gyud for ye sime cauld to be drokin in ye morning. This is gyude also for ye sime yat be dryed and leyne.

Alia

One tesme maid of Iorsshoist or ye powder yof gyson in drenk is gyud for ye tossyne.

Alia for ye hoist and to louss fleume.

Gnabite might put succone candy bruyed, two sponefull yof at even going to bed 3 or 4 myelis is gyud for ye hoist and tonsit fleume. Probatum est.

Alia.

If ane man Lake ye hoist throck tabany of caald and reume falling from ye hird dorm in ye Lift causing Larsenes in ye thrott put gritt pyne and continuall Lay it on ane wollen clayth and apply it hett to ye sellis of ye thrott it sall gang to bed, lett it ly all nycht yat. vse it for ane throck gude remedie.

Spowing or spitting of blude.

Quhen ane castis blude at ye mouth, this diseas is called in latyne Emoptoica. The cans ylk ermis of ye substance of blude and is knawin thus The body is full and sudry and ye rayne bolden and gritt.

Sumtyme it ermis of ye stomak and yan ye patient hes gritt pyne in ye breist

Sumtyme of ye lungis, and yan ye pyne is in ye west syde.

Quhen it ermis of ye liuggis ye pyne is in ye best syde and ye hoistis mobill.

Quhen it ermis of ane full or birsis and hurt in ye body, or of ane bleeding mater in ye lungis or breist.

Regyment

Thryse in ye day and strenth vnill xenith lett ye patient blude in ye name named Sophona and abstrack alys a little blude out of Sephalica.

Thereafter lett him vse to eith milk or quhey and sumtymes vse tryacle. Bonar of gritt labour and fasting and of benorand ailed or sleaping of ye bodie. Bonar of anger, of lang fasting of sour and bitter meitis and drinkis, of excessive smeikit.

for spitting of blude.

Remedies.

ffor spittyng of blood take dry seyyng mayde to wyne or claret wyne, but first fill ye seyyng full of mustard seed, and warm wyell goyng to bed first eitt ye seyyng and drynk ye wyne and it doyng ye stopping of ye lyuer and ease ye breath.

Alia

Drynk ye iuce or watter of plantan and of Ipocrass drynken ij hour ynd, and vse to eitt purpy or to drynk ye iuce or watter yᵗ best succour is good.

Alia

ffor spittyng of blude take sorrell and take ass yᵉ lyttell thyn scrissane yᵗ dry ynd mak powder yᵗof, take ten drames of yat powder and myct it wᵗ 3 vnces of plantayne watter and drynk it for ane space ane remedie to hym yat abwydis blude.

Alia

Take plantayne and wyld taffill wᵗ ye watter yat standis wyell in ye hed of ye taffill, seyd wyne or reyne watter, draw it throch ane clayth, and myx it wᵗ succour and drynk yᵗof at morne fastand and also at euen gyson ye gud to bed.

Alia

Gattis milk wᵗ succour drunken morning and euening is gud.

Alia

Bursa pastoris, plantane, and wᵗ gyrss, all sodden in reyne watter and strayned and drunken wᵗ succour is gude, vse it at morne and at euen and at noone and all tymes ane gude drynk yᵗof is gud.

And it is gud to gif hym thre dayis all dry fastand sodden in watter and butter to eat.

Alia

Take ye iuce of leikis, appill and lemy, tempe yame wᵗ hony wyne and gif to ye man yat castis blood thro brissing to drynk it sall amend hym.

Alia

Take ache, roes, bottons, mynt, of ilkane alyke quantitie note yame wᵗ gait mille and gif ye patient to drynk thre dayis and it sall help hym.

ffor ashe or wormes.

Nota if ashe or wormes be creping in ane man Take roes stamp it wyell and myx it wᵗ ye iuce of ane reyne and gif him to drynk and he sall dewoyde it.

Alia

To hym yat dewoydis blude at ye fundament to drynk mille gott on ye fyre in ye morning is gud

ffor spitting of blude wyld tyme sodden in vinegar and drunken is gud.

Alia

ffor vomiting of blood take vj leyis of leikis wᵗ ye nettis scrip yame in ane pott wᵗ wyne and broken is gud for ye same.

Vomiting.

Vomiting purgis ye stomak of many euill humors, & nocht for it is very necessar and profitable for preservacion of health. If vomiting come of colde moyst cause of humors, then ye mater is callit, and efter it suld not be stanchet till ye stomak be purgit and clengit of thes humors and yan stanchet.

Mocen and hypocrates grittis efell, wᵗ men to vomyt ill moyst tymes that is the 8 hyed tyrdde ane after ane wyl to ye effect yat it yat ye first 8 hr dewoyd not, ye thrid 8 hr may dewoyde.

To cure vomiting — To cure vomiting

— To cure vomiting

To cause Vomitting.

To cause vomitting wch is to purge ye stomak of fleume and collor wch is cause of ye aboyding of many diseass wch lord acts It cleres ye sight and dazeling of ye eyd.
It does very mumbling of ye stomak and conforte it It is holesome for ye disease of ye Reynes and bladder.

To procure vomytt.

To him yat wald vomytt take ane littill cupp full of warme watter and putt a littill oyle oliues in and drink it, And with ane feddar in oyle olyues and putt it down in ye throt als far as may be suffred, procures vomytt.

Alia

Tak stanecrope ane grantitis, steip it in milk ane myght and on ye morne draw it throw ane clene clayth and drink it. Quhat man or woman drinkis it they sall vomyte vhon nocht out full. Probatum est. Alia

Lunzine and Centaury dryed and ye powder yrof putt in thy pottage sall cause ye vomytte. Alia

Tak ye grene leaf of ane arbe trie putt it in thy mouth and chow it, it causs vomytt.

Alia

The rott of gladen stampit and ye iuce yrof putt in ane cale eye ye grytes putt out koist it and eitt it and it procures vomytt.

Alia

Nota The leaffis of ussara bacca stampit and steipit ane myght in ail or thy ne and drinkin pronokis vomytt Bot they sould be gryffin to fatt men rather na leyne men and to yame yat be of age and strouth and in ane colde regioun rather yan ane hatt.
And it is to be remembrit yat ye leafes yrof is vnsauk to ye stanchest men.

To stanch vomytt.

Ane colde flint stane holden vpon ye nek of ye patient stanches vometting.

Alia

If vometting cum of fleume, Tak rosmett mugwort wynt of ilk ane a brod and putt yame in ane pote of sindry cleyth vork starkit syne strik yame in hett rayne watter, bring it and lay it warme to ye breist and it keipis ye stomak and stanches ye vomytt.
This is gud also for yame yat tak ye grabell of colde Tak cauis mos to grund and boe yame self fedmart and mell stanck gripping and grundyng in ye belly.

Alia

Toist ane peice of gyrsat bread in salt and eitt it in ye morning it stanches vometting.

Alia

Tak wyne stamp and tomp it in oyle of Roiss and apply it vpon ye stomak is gud for ye same. Alia

Tak ane peice of gyrsitt bread steip it in vinegar and salt mak ane thick plaister yrof and lay to ye hoose of ye breist is gud for ye same.

Alia

In winter it is gud to eatt it morne and evening ane toist of gyrsitt bread dipt in wyne in powder of amustards

Alia

to presse ane man

To prest ye vomitting in ye sea sett ym drink ye mō of vormett and so shall not be wearie yrof. Alger alia

The powder of brynt stone and scraping of Lirō horne alyke quantitie put in ane soft roisted egg and eatin shortlie wo mitting.

Drye tender leaffis of ye astem twise sodden in strong vinegar stampit in plaister and lays to ye stomak or belly warme is gud on ye sea

Ane dayis afoir ye tak shipping nim yis ayne nt sea water is gud.

Drink salt water is gud anis shortlie vomitting.

Tak vormett, marjorane dry myrt of ilk ane ane quhitfull, cloues, gallanga, nūtmuggis of ilk ane ane dragme. Thir stand tymgis mind in powder and put in ane pynt of lyming clayth weill steipit and lay it to ye stomak warme. it is of wonderfull apeirīm. Or in defalt of ye spyces ye may tak ye stand leavis dry tyme on ane tyld stane and doe as sud is.

Alia

Tak ane handfull of myrt, ane handfull of Roiss sothlyme in wyne quhit ane vnce breid of quhit braid toisted, stamp it in vinegar temp all thir togidder mak ane plaister yrof, and quhen ye patient is ald sitt lay yis plaister to ye stomak warme.

Alia

Tak vormett and stamp it nt brome toisted quhyte braid yat be sonr, and nt ye fud of myrt & plantane and vinegar, temp altogidder mak ane plaister yrof and lay sett to ye mouth of ye stomak and it shall stanch all maner of vomitting.

Ane mustard sid dryet at ye fyre syne beyrd and eroken in wyne stanches vomitting.

All tart and sour meitis all ar gud for yis mater to be vsed to comfort ye stomak efter vomitting it is gud to tak ewerie morning ane vnce of ye Sercopis of vormett or myrt.

Alia

Tak ille morning and evening thre lowis afoir meitt twa cloues in powder ane spounfull of ye iuce of myrt, ane half spounfull of ye powder of rose dryed mix it nt a littill wyne and drink it confortis ye stomak.

Note yat ane man trawelling on ye sea sulde not labour mekill to stanch vomitting bot le sell him self sufficientlie purged, for it profitis and manie mony diseasis

Note yat manie kyndis of vomitting if ye patient be yarr bollist it is gud to tak ane Clistre of hister maid of ye decoctiom of mearg, malvis, violettis, barly, ayle of violettis sewy of Roiss, and a littill cussia.

And if vomitting cum of coldnes of ye stomak or of cold matter content yim, le sall vse to ye clister vormett, Rois, Eisop and camomyle, in ye decoctiom, and for ayle of violettis ye may tak ayle of camomyle or lilleis.

Note

If ane man vsing medicine vomytis ye sime, stamp ane onyone nt vinegar and lay to ye navil it stanches.

Note

In vomiter ane spounfull of aquabite maid sourit nt a littill quhyte succour, dipt ane toist of clene quhyte breid yrin and eat it in ye morning is gud for grose fleumatick bodeis and pressis and tymis from litargy or apoplexie.

Ho Leaf 14

The heart.

The heart is ye chief and principall member in man wch maist specially consists and stands ye strength and life of man.

It is ane fleshie substance fat and round and it lyes towards ye left syde of ye ma
And it is yat member yat first takis forme and schape in ye mothers wombe.

The heart is inclosed or enwrapped about wt ane litill skin or pellicle wch is cal
led ye skryne or coffer of ye heart, to preserue and keip yat it be not letted or stop
ped be ryp members to have ye dew operatiun and naturall moving.

Aristotle sayes that ye heart is ye fontane and beginning of nayned and ye first
worker of wch bordis bluid and it is fell in ye foremest pt of ye breist in ye middis yof,
for it is ye well of lyfe and is ye maist nobill member. And if ye heart be hurt, ye man
nor beist can not leif yafter.

The heart is grieued many wayis wther by byding towardes of ryp members or ab
be misteryne nes of it self, ffor if passing or excessive hait haue maistrie in ye heart
ye bluid of ye heart boyles and seithis and so ye vitall spreitis ar grieued.

Or if ye heart be constreynod be ocker melbil cacis ye bluid congealis and yof
followis dead.

Sumtyme ye heart is grieued be ane apostemacium yat infectis ye coffer yof. And
yan can be no long lyfe.

Sumtyme ye heart grunbis and yat comis of walterie moystnes wch ar sched and
spred in ye skryn is yof. And yat moystnes letis ye dew opening and closing of ye
heart. Bot yat it appertis to ye sobir man yat ye heart mouis fra place to place.

Sumtyme lapnis crystas in ye heart throch consumptioun or waisting of natural substa
of ye body, wch comis ather of gritt replecioun yat greifis and consumis ye hertes
yof. Or ellis of gritt waisting yat consumis ye hertes. ib it sayis in ye time yat
Lasso ye Cardiacle passioun, and in sum men yat sweat ocker melbil or drunbis
melbil of ocker sharpe drinke.

Sumtyme ye heart is grieued wt fumositeis and corrupt and venemous smoke
or exall ayre entering in ye heart, and yat ayre corrupting ye oppinings of ye heart, wch
upon follows death suddanlie.

Sumtyme ye heart is grieued be stopping of ye follos wayis wch ye bluid pass
yarth ye fading of ye heart.

libro 3° Cap° 33 Constantine and Galen sayes, Yat ye hertes and complexioun of ye heart is
knawin be ye tailmis. Bot gritt brichtnes and blacking, ye pulis sayft thick and
Listie, be Argeronesse, wraith, be Hardynes and hedines be largenes and Larynes of ye
breist.

And ye tailmis declaris yat forth fal ye maistrie in ye heart, and all ye tailmis
yat ar contrary to yr, betailmis ye contrary complexioun.

And ye fingris lappis ye heart all about and be opening yof, and indraweing of and
schuis ye heart of cauld and tempestuous ayre.

Regiment.

In all diseass of ye hart absteine fra all fumond meattis, as hond, pors, gyse
Lorbis, onyonis, fra loadynis, hunger, gritt feir and dreid, fra gritt bissines and occupa-
tionis of ye mynd, fra excessyue labo and trubbill. Drink no coldo watter after
labo, quhill trublit and nobelit cuming suddanlie affrayis ye hart of mar gritly.
And to vse in ye meattis suffrons, borrage, cloves, galingall, nutmuggis.
And above all thingis to vse maces in thy meattis and sawsyng, maryne and fry,
Is gud for ye hart.
Simtymis debilitie of ye hart may cum be ane apostome forgit ye quhilk no remedie
for all apostomatione of ye hart is mortall.
If it cum of gritt heitt ane may knaw, for ye is gritt heitt in ye breist is be reso-
nant pulsse, ye gritt heitt is better quenchit, be drinking in of colde ayre at ye mouth
nor be trembling of colde watter.

Remedie

For debilitie of ye hart, and fayntnes be it mane sober or for extreme heitt
first him constitue of Roiss or violettis and resaue ye smell of Roiss or watter
lilleis, rois watter and vinegar.
Ye is gud anis in ye oulk ayre houp before meitt to tak ye weycht of ane half
crowne of gud tryakle or mithridatium and a littill mace and drink it be a littill
tyme.

Alia

Cordiaca passio

Trymbling or beating of ye hart simtyme cumis be a fever, and simtymis be out
flor quhilk it is gud to be lattin blude of ye leuer wayne in ye armis.
And gif ane ye watteris of borrage, balme, and bugloss micht be gottin wyne, be
powderis of cammok, cloves, nutmuggis, Leittall yis on ye fyre a littill, and dipt
and fudnyt clayth thin and lay it to ye left palpe

Alia

For trembling of ye hart. Tak ane vnce of ye iuce of bugloss, purifie it on ye
fyre be ane dragme of quhyte sucure drink yof at even going to bed, and it is gud

In all this worth as well

Swoonning.

Swonnig is a tubing lak of ye feilling and mouing of ye body be reason of ye hart throu grit debilitie and febilnes of ye Spreittis

In Sommar for swonnig suddenlie ye sall cast in ye face cauld watter nocht ouir warm watter and vinegez.

And if swonning cum of ye matrix or bairnebed.

Ye sall Lay to ye nostrand nois all stinking thingis and of abhominabill sauoꝛ, as Stinkis fethers, beynt castor, assa fetida, the coddis of condillis & sic lyke thingis.

Mairattour ye aucht to gif to ye patient to drink a littill gude wyne gif ye cheifest thing yat maist quicklie restoris and conforthe ye spreittis.

Afterward, rub ye leggis and armes vehementlie and bind yame hard and yan prouoke him to neis be putting in ye nois a littill poader of long peppir or euphorbium, or castor, or sic lyke, and if be yir thingis ye patient dois not amend thair is na gude hoipe to be had.

And heir it is to be remembrit That if ye swonning cum be grit resolucioun of ye spreittis, as be grit abundance of vther be sanit be flux of blaid or vthirwyse. In yat cais ye aucht not to cast cauld watter in ye face nor zit to bind ye membris for yat suld hurt him bot to keip him in ane place vncauld moving. And gif him a littill gude wyne to drink, and to nurisch him vith gude meattis hard of digestioun and restorative, as pullettis, chekyns, capounis, partrikis, veall mutton, &c.

For swelling at ye hart.

For swelling at ye hart, Tak wormett, red mynt, and sour lebendit bread, stamp and temp yame altogidder all saft as dauch, syne salt it in vinegez, and putt it in ane pok of lining cloyth and ley it to ye stomak als hett as may be suffrit vse yis myne meitt and it sall doe gude.

Hart Ebulding.

Ambrose, wyld tyme, Centaury, smell ache, origane, Rose, all thir hartis or ony of yame sodden in watter and drokin is gude

Or salt frose or sic almonds,

Or salt Lace peris

Or sup sweit milk thir thingis puttis it away

Or chese ye tender croppis of smelage and Lett ouir ye mis is gude.

Ye rynd of ane apill rostit dryed and maid in poader and vsed is gude.

Or sup ane spounfull of aquabite is gude.

Apostome at ye hart.

Note If apostome be at ye hart tak tryacle bi dragmes and ane nutschone of gude shabesy mix yame togidder and gif ye patient to drink and gif he fed drokin it, Lett him fyng and mone tell ye stomak vax Lett. and if he may not trabell Lett him be Lang betuix tuo meis. vse yis and but doubt it sall amend him.

For [illegible]

ffor faynt̃es or ſcoom̃ing.

If faynt̃es or ſcoming com be ouercu̇m or omptnes of ye body ad after
lyng ſerued.
Then it is gud to caſt wyn ye face cold watter vpō wnnger and to pull him bo ye noiſ
and to ſtart or clap him about ye hoc of ye breiſt forwent ye ſtomake.
And yan is nathyng better for ſic faynt̃es nor to putt ſaffrone in his drink ſall
wnbrayed, and in his pottage or ye vyis for yat conforty ye hoart gruthe and warm
it. Or putt ſaffrone ſall imbrayed in aquabite and drenk it.

Nota. Or to tak roſeris dry about ane or twa houris efter noone and roiſted till ye
ſyde ye haf be a littill hard. Then tak ye rybbe and putt it in ane diſche bo ye
fyre and pone ye ladill full of freſche fleſche broith yron vpō a littill brayed ſaf-
frone, putt yto a littill ſalt and drenk it and it conforty not only ye hoart but
alſo ye ſaull body.

Nota ane ſpeciall remedie for all ſuddane ſeirknes and ſpecially of ye ſto-
mak or breiſt. Tak ane ſpoke full of aquabite and putt yrin half a ſpone full
of powder of lycorys Let it ſtand yrin thre houris and drenk it faſting or at euin
gong to bed It is ane ſoueran and thing for ye ſtomake or breiſt.

The ſtomake

The ſtomake is ad it ner ye biſt of ye bodie ordenit to reſſaue ye meitt
neceſſar for ye ſuſtentac̃n of ye ſaull bodie
The ſtomake is placet in ye middis of ye body to digeſt ye ſame meitt to all
ye membris of ye body. &c
The ye ꝙlk ye ſappnd eſtymes debillite or ynderance of appetyte. To writt.
Sumtymes be erroꝛ or miſtakyng of ye eittar in qualite or quantite of meitt
Sumtyme be paſſage of ſteame yat deſcendis from ye hed and fallis in ye ſtomake.
And Conſtantyne ſayis that to ye ſtomake fallis moir ayr nor will, ad will digeſti-
oun, fumoſitie, flug, ſpowing, rerſing, blowing, ſwelling, Reſting, And thir cum-
of ſundrie cauſis, Sumtyme of euill complexioun, Sumtyme of ouer mekill omptnes
Sumtyme of ouer mekill repletioun or fulnes of meitt and drenk, Sumtyme of grit
ſcharpnes and bytyng of humors, Sumtime of putrifactioun of ye ſpeit, or of defalt
of ye vertew digeſtiue. Sumtime of ye qualitie of ye meitt ꝙlk if it pond or
prick ye ſtomake is compellit to pas out.
Or if it be ꝙlyk mis humors it makis ye ſtomake ſlipperie ſua yat ye meitt paſſ
out raſchis and bydis not to digeſt.
And ſumtyme in defalt of ye vertew of outputting
And it is to knaw that ye griefe of ye ſtomake cumis not only of it ſelf bot be
ye byre and falt of vyr membris.
The Stomake is ad it ner beſuppit about wt ye fabric.
The Stomake is ane lang round and hollow within and rouch in ye bodeme mani-
fold and ſlothfull and ye tua mouthis, ane above, ane nyd beneth. It is rouch
and manifold yat it may ye better hold ye meitt yat it takis. ffor if it ner
ſmeith and ſlippour

ſmoth, and ſtipptis the meitt ſuld pas out wt out digeſtiom.
And ye ſtomak ſpecialle of ane man is ſtentor in ye ouer pt, and braider and wyd=
er beneth. And throch ye ſcitt of ye lebir ye meitt and drenk is 4d it nar ſodden
in ye ſtomak.
And thair is fyue pypis or ſmall wayis paſſand fra ye ſtomak to ye lebir throt
ye gall pypis ye fluid of ye meitt paſſ to ye lebir and yan is turned in bloid.
Ye lebir wayis ar called of Philistians Meſaraicus.
¶ Sumtyme ye euenes debilitie in ye ſtomak and nat nor ſreame, nor meat
nor drenk, bot throch diſtrod and ſtynkis fleame in ye mouth of ye ſtomak, gall
generis abundance of bentoſitie and makis ye meatt to ſoome or fleitt vbone
in ye ſtomak wt lytil tyrſt and ſumtymes ſour ryſtings or miſtakis. Sick
debilitie may not eſythlie be cured bot for a tyme and ſolpit wt ye remedeis
following.
Sumtyme ye euenes in ye ſtomak and diſtrod callet faſtidus or abſorring of
meitt quhen the perſoun tynkis he will tabis in haist and abominis my all maner
of meattis yat ar offerit to him ſyke ad ane haill man tabis delyte and plaſ=
in his meitt.
The cauſe ydoff is of ye repletiom of colleryk humors or of fleamatick groſ
and diſtrous humors in ye ſtomak and ye patient ſob gritt tyrſt, dryues of ye
tongue wt bitterues of ye mouth and ſumtyme dois vomytt ſyllok collore.

Regiment for ye ſtomak.

Keip aſtinence, Eatt ſoberlie meatis yat be reſtorative, eſpie of ſubſtance
and lycht of digeſtiom, abſtene fra all fruitis, raw herbis, pot, hamis, ony=
oūis, Leikis, eſpecialis, coirſ and groſ meattis, eatt not meikill at anis, forbor
dry ſleip.
Suffer not ouer gritt Hunger.
Spew anis in ye monyth.
Sleip not ouer lang in ye morning.
Stand after meitt.

Remedies for ye stomak

Grome ginger taken a littill in ye morning tua houres afor meatt and ane houre after supper Lousse sthrome and conforte ye stomak.

And it is Exalsmme afor meitt to sitt annetseides and smbill seides, And ye begyn to sitt tak ane toist of breid dipt it in sodden rayne or grund malbosse and sitt, bot drenk not ye same rayne except it be a verry littill after meitt.

Alia

ffor coillis in ye stomak Take red mynt, iborrett, and smbill, seller yame altogidder vt ane portioun of grene gilyte breid, putt all in ane cod of lynnig clayth soce ye mouth of it, syne boill it throch in barme vinegar and lay it to ye stomak in maner of plaister and it sall putt coillis away, fra ye hourt and mak ye breith disposed.

Alia

To provoke appetyte sitt oft onyonis and chyss, chasse ye mouth oft vt in meyer and nose vinegar in thy meitis.

Alia

ffor stenk and sauour of ye mouth yat comis of ye stomak Take ane handfull of cummyne, bray it weill in ane mortar, syne seith it in wyne and drenk it ilk day at morne and eesin als lott as may be sustenit nose this 20 dayes and ye sall be haill.

Eit nit of mynt and roes putt in ye noistheris helpis ye end yat stenkis.

Or stamp pepper mix it wt wyne and hold it in thy mouth it makis weill saue it end.

Alia

ffor ache or pane of ye stomak cumis sumtyme of wind and is callit dolor de tonsme, ffor gilk it is gud to tak borrett commyle, roes, salt yame in wyne weitt ane soft woollin clayth or ane natter sponge wrin and apply lott to ye stomak puttis away ye pane.

If pane of ye stomak cum of repletioun of humors it is callit dolor agrauatinus gilk sucht to be cured be purgatioun in taking of cassia or Lydia pitia &c

If pane of ye stomak be cum of collor or salt fleame, ye patient sallis bitter taist in his mouth wt gritt thrist and Lyitt.

ffor gilk it is gud to nose Sorope of Roiss water of fadyeis and sintory and to cans ye patient vomytt and to purge ye cans gr of ye pane proceidis

Alia

Ane generall remeid for all panes in ye stomak. Tak candomyll, mellilott, borrett, mak vt yi roittis and leafis, perpetary, pennyroyall of ilk ane ane handfull, synt sod ane pynd, ffenegrebo half a pynd, annett sid and smbill sid of ilk ane half ane vnce. Breiss all thir thingis and salt yame weill in water, and weitt ane water sponge or soft clayth thin, wring out ye nd and lay it hott to ye stomak, and ay as it coillis warme it and lay to agane, And it sall assuage all maner of panes in ye stomak. And yrfor anoynt ye stomak wt oyle of candomyll or dill.

Or tak ane sawyne bledder, fill it full of ye said decoctioun wrap it in ane linning clayth and lay to ye stomak hott, and ay as it coillis hott and lay to agane and efter ye bube and drocch sic applica and anoynt ye stomak wt ye oyle foirsaid.

If the pane be removing fra place to place it signifies yat it cumis of hentositie for gilk it is gud to lay to ye stomak ane bage of malo full of salt and cummyne dryed togidder hott.

Alia.

tak ane litill sponf

Take ane thicke sclaue of quhyte breid, toist it at ye fyre, and weit it in fatt oyle of candomell or oyle of Sybie, wrap it in ane lynyng clayth and ley to ye pane als fatt as may be suffred It is singular gud.

Nota. And about all thingis for pane of ye stomak cummyng of wentositie, ane singular remeid is to drink a litill custor wt ~~wyne~~ wyne.

Or lybcon wyne to drink twa or thre lowis afor meitt thrie or foure vnces of ye decoctionn of myrt annotsedis and cummyn wt syne fraulk encens.

Alia

To prouoke appetyte for ye impediment of ye stomak cummis of cold humors beand in ye mouth of ye stomak. Take red myrt, cannell, pepper, stamp altogidder weitt yrne in vynegre and apply to ye stomak warme.

Alia

Anson vomeitting cummis of cold causit of debilnes of ye stomak, seith myrt and sage in vynegre and watter make ane plaister yof and apply to ye stomak fatt.

Alia

Ruta salds not ye meitt nor drink it ras stampit and temperit wt quhyte wyne and drunken ras fatt is gud.

Or take ane of fenkil tua zeid and thrid of lem seith yame till it be thicke and drink yof at morne and euin it is gude for ye molt or ye lobre and pingis of stomak.

Ruta may not weill eitt ye meitt for fault of appetyte cummyng throch corruptionn of ye stomak. Take centaury, babrod, and pepir, seith yame in wyne and at euin gang to bed drink yof ras fatt.

For thrist cummyng of fatt of ye stomak Take ye twist of lebays stamp it and temper it wt wyne or watter and at euin quhen thou gais to bed drink yof. vse yis thre nychtis and it puttis away ye thrist.

Ane gud Scrope for ye stomak and ye breist Take halff ane pund of licoris bray it in ane mortar syne seith it in ane pynt of wyne wt ye croppis of fenkil and vse it morne and euin.

Alia

For fastyng or abhorring of meitt the Iuce of sabory putt in ane nois hayn of fatt roistid and saltin fastyng is gud.

Restyng

Restyng is ane wentositie inflatiue expulsyd out of ye stomak to ye mouth, and cummis be febilnes and littill fatt of ye stomak gif generis maide, Quhar it signifies ane colde complexionn gif cumis of wentositie after meitt.

Regyment

Restrene fra all fruitis and rank fleschis, pes, beanis, fische, empanis, herbis, festand, gross meitis, gret repast, and sleip.

And vse to take

And wse to take fastyng Confectio in ad of wmet sirip, fenkill, cummyn, and tarby seed.
De powder, maid yof myst wt sugre and wse it in all yr meattis.
Also it is gud to wse in yr morning a lozan of dyamsdz dyacimid at ye potingars &c
And to apply out wt to ye stomak and bag full of camdomyll floccis, Rois wormett, and mariorym all maid in powdr.
And to apply out wt to ye stomak and anoynt ye lis of wormett, rois, spyke, or ony of tyme.

Yorsyng.

Yorsyng is nae ellis bot mebyng of ye bertes expulsiue of ye stomak prouokid be ye bertes sensibill to expell yat yll dois annoy ye stomak.
Sumtyme it happnis be resson of wnptnes of ye stomak throt debilitie or wakenes yof. As efter long seknes or be flus of blude or wyd stranguri euacuac'on yis be wery perillous and oftymes mortall.
ffor yis it is gud to yis Restorativis to ye patient as eggis potchid or soft rosted almond, milk, enlacis of capons or sic wyf tyngs of gud nwrissyment and easie digestion.
Sumtyme yorsyng proceidis of repletion of tymor or of drink or meatt yat generis abundo nutritio and not wery easie to consume.
If it be ellis nae lax labour to stop ye lax and mak ye patient to stop long and anoynt ye stomak wt ylis of sweit almond.
If ye stomak be wt chargit wt meattis it is gud to be vp long abstinence till it be digestid or ellis to prouoke bonyll and expell it of ye best. And anoynt ye stomak wt ylis of dill, mastik, wormett, and castor.

Regiment for yorsyng.

It is gud to hold of and long meyt and, to prouoke rwsing, to take moleid, to mduse gritt thrist, to stop lang, And it is gud to cast cold watter in ye face of ye patient and to beist him and to putt him in fire, And to inger him and to prouoke him to vomyt. ffor be yis tyngis ye naturall hett is prouoked and fortifeit wt=in, and causs ye yorsyng to ces. for all tyngis yat mistimid ye hart is gud to stanch it
Stop yr eares wt yr fingeris and ye yorsyng wyll ces.

Remedies for yorsyng

Remedies for ꝛeissing.

ffor yis mater it is gud to tak iiii sponefull of agrabre and se is ye race of grene ginger and it is gude to drink bricht malbosh or wyne sobbe.

Cha

ffor ꝛeissing or lotemy of watt, wmotsoeuir dryed and maid in fyne poeder, ꝛes-saues ye smell or sicknes yat dois ye nosthirlis stanches ꝛeissing

Or to hold ye handis in hott water mouer yis wreistis wt gud space dois hyr wtouth yis.

Or supp thir sonppis of [illegible] wnegar, watter, ale or milk, is gud

Cha

Sage stampit and drobben wt wnegar is gud

ffor wo man tak lottsumnes in hir stomak and hes na appetyte to eitt and cwaeis not ye cans

Tak in ye morning ane gud lang eygrid warme yrnis bot a littill at ye fyre, putt out ye gleittis yof, syne sup out ye kolkis syne tak iiii gud drumbs of wyne yto and fast yrefter till eeuin and gang and mouis ye tyll yrof, and yat sall consume ye humors yat causs lottsumnes.

Cha

Vis yat lost mony eatis humors in ye stomak lett him eitt raa ompinid fysche wt salt and ceruis or grein brod.

Garlike eist vsid consumis raa humors in ye stomak and helpis digestionn

Or ysopp wattill maid in caill and vsid fortifis ye stomak consumis euill humors and causs gud digestionn.

Thornott, bidayis and Rois sodden in wyne and drokin clengis ye stomak wtill Probatum est

Cha

To purge [illegible] wyne of ye stomak, clenss ye sycht, and mak mony to seme tong thereafter

Note

Mak poeder of fimbrill sted, wmotsoeuir, Cheramp me, tong yrnis wt agrabre and dry yrnis agains syne eitt ye quantitie yrof in wyne and eeuin.

Of ye Lewt.

Off ye Lebir.

The Lebir is one of ye prncipall and chief membris, and chief instrumt of generacon of blood, and of nyf membris, the ꝙ is ordeynit to digest ye moist ye second tyme, and yrof to make humors yat nurrish all ye membris of ye body. be his naturall heatt, confortit be heatt of ye heart.

The Lebir lyis on ye rycht syde vndir ye schort ribbis.

The Lebir is oftymis greifit be occasion of ye superabundance of ye foir humors or complexions. As be blood in ouer grett abundance, or be collorik humors euir-ing grett heitt in ye lebir, or be flewme yat dois hurt and diminusch ye sanis. And out of ye hollond of ye lebir procedis ane vayne ꝙ is pclisitand call porta. And yis vayne ourcummis out of dicydis ye lyir in small raynis entering into ye hollo of ye lebir.

The Lebir drawis ye substance and fud of ye moist resaiuit in ye stomak be certane vaynis, And yrby bowllyng ane vynd of heitt of ye lebir, dois make digestion and is turnit as it war in ane bludie limpe.

And be ye secund heatt yrof is turnit to ye vynd of ye foir humors, To wit,

Blud — That ꝙ is heitt and moyst into ye vynd of blood and is resident and conserwit in ye vaynis.

Coller — Yat ꝙ is heitt and dry is turnit into ye vynd of collora and is resaiuit in ye bag of ye gall.

Melancholie — That ꝙ is colde and dry is turnit in ye vynd of melancholie and is proper nurrisch is in ye spleine.

And yat ꝙ is flottany and watery is turnit in ye vynd of flewme, and is proper nurrisch in ye longis or lyclis.

The Lebir makis heitt ye secund digestion and separatis partis, and dis-pydis ye pure and clene substance, fra ye impure and vncleine, and yrof sendis to all ye membris of ye body.

Dropsy.

Sumtyme the lebir is greuit be ouer mekill colde ꝙ letteth and hinderis ye fud and substance of ye meitt to digest and to be turnit in blud and yrof mony tymis is gendrit the Dropsy.

For Dropsy is nothing ellis in ye Philosophis sayis bot error and fait of the digestion in ye hollond of ye lebir. For if ye lebir be lett or hinderit of his naturall operacon and digestion, or force ye blood is corrupit. And if ye blood be vndigestit or digestit, the body yat is fed yrwt, swellis and is puft up, and yat is callit ye Dropsy.

Sumtyme the lebir is greuit be distemperance of ye foir humors, bit of blud flewme, coller, melancholie. be occasion q^d of ye vynd is oppilatit and stoppit sua yat ye blood may not haue ysset gracon nor passage in ye vaynis to send ye nyf membris. The cause

Euirsom blood is ye cause, The patient sall haue red nayne, feirse pulse, his tongue is grett and bowdon full of blood, he swellis his spittill, mouth and tongue in ane sweit yan it wer vsit, and swellis pane and heitt in ye west syde.

Blud

Sumtyme it

Collor. Sumtyme ffl Lappnō throch ouer gritt hoatt gall dryis rop ye bleid, and
makis ye bayneō of ye Lobr streitt, sua yat ye bleid may not haue passage to fed-
ing of ony nobl membrō.

And sumtymeis be apposteumeis breidng of gnebris and corrupt mater genout
m ye Lobr.

Melancholia Sumtyme of ouer gritt colde gall congeidis ye bleid myis bayneis and lettis
ye bleid to haue passays to ye nobl membris

And gyben haitt Ees ye mustr m ye Lobr the Lobr boldnis and growis gritt
and so does all ye nobl m̄yis saidis and boldnis full of bleid, and ye bleid yat is
haitt is sayis bialy and gaben also.

And thairfor seing ye Lobr is ye chief fontane and ai it nocht ye wallspring of
bleid & of ye haill membris possessid nurischment. ffl ye sam haue ony impe-
dimēt, ffl behoyis ye rest of ye membris to be all gotrist out of ye same.
Ai for exampill. Quhen bleid abomis m ye Lobr, the bayneis mon be full
yat, And gubon haitt dryis rop ye bleid, than ye bayneis must nedis be streng
and dry.

Regiment.

In all diseass of ye Lobr cumis of bleid, abstene fra drinking of wyne
and eting of flesche, and if ye must nedis vse, lett ye wyne be watir mixt
almoud, milk, boyled barly, roistet apill, plowmdrinch, & all ye haitt be diminischt
and ill dry to prohibe ye doctrin of ye wombe vther be suppositor or inf nolyis.
ffl haitt of ye Lobr cum of collor ye patient sall haue Ees wyne clar, and
zellow nocht mosk, gritt thrist, but appetyte, And feill gritt hurmy haitt m
all his body, and condoulis Ees ye bellis constipat, and hard bonden and nocht lis
face rosis. And yis diseas of ye Lobr Lappnō maist condoulis m sonder
And for yis ye sall rise to tak tayssis ill dry, and bruk diett of ye drogis of Ur-
dyne, or of bioletis &c. and gaid drink of tosins and drink it tua or thrie dayis
befor meitt, and also at euin going to bed. ffl yis thrie or feue dryis, and ye
frist dry eftir tak ane purgatiue to purge collor.

And for haitt of ye Lobr abstene fra flesche, salt fischis, starck wyne, garlik,
oynons, mustard, and sic nobl haitt meitis,

And vse broth of pes, borage, lettis, popy, spinage, borrage, and sumtyme a-
litill wenegar, sa ye be not greuyt in ye stomak. This Regiment is also
gud m tyme of pest.

And if ye Lobr be colde, be resson of flegmatick mater, ye patient sall
haue his wyne gritar, and out of collor, the face pale and wan, his mouth wat-
tir, nocht litill bleid, and he feillis pane and loabnes about ye place of ye Lobr.
ffor gall it is gud to drink eftir ye morning fastis thrie or feue tymis, the scrope
cullit agrimell dyacrotibe nocht ye decoctiom of small actis and gyll or nocht rautert
of small actis and smebrik, and yefter take a medicine to purge flegme.

And drink gud wyne, and vse ginger, camok, graynis of paradyss timis and smebrik
and haitt hairbis m pottage, as sage, hope, tyme, and marioryne, and abstene fra
all raw fruitis and raw hairbis.

And it is gud

And it is gud to mak ane plaister of small aclo mosmett spyknard in poudor ana oyle of dill all tomgit togidder in maner of plaister and apply to yo lobiz.

Nota First all distruss of yo lobiz cumming of Leitt of yo lobiz & all gouerit dryngis abstene fra drinking of cold watter fer yat Endorys digestionn mobill and gouerit Idropsy!

Remeid

Tak ane gud handfull of ye herbe callit Lebn mott, tyme tongis, fumt terre, of ilk ane ane gud handfull, seith yame in clarified quhay, stryne yame and drink yof ilk day tryse, and it cureis and consorbis yo lobiz.

Alia

Tak lobiz wort ane gud quantitie seith in weill watter into yo thrid pt thin stryne it in maner of seroip and drink it ane sponefull, and it is mery gud for ane lobiz consumed and excessiue Leitt, for it mitigatis gutlis yo Leitt of yo lobiz and is expedient gud to be putt in all seroips & all ane gud for Leitt of yo lobiz

Alia

ffor burning Leitt of yo lobiz tak fumbill, ysop, fumitor, stamp yame and draw out yo iuce yof and ane pundar of tyreos, sucrane and lome, boyle yame on yo fyre and mak ane pretious Electuarij yof and vse it. If need be tomgit it is a littill watter Alia.

Tak iuce of fumbill and lome boylit togidder in maner of electuarij and vse it gud for all distruss of yo lobiz.

Alia

Seith wort weill playt and calfis, ane out barne and drink yame morning, it gud for yo lobiz.

Opilatioun of yo Lobiz

Opilatioun and stopping of yo lobiz cumis diuerss wayis.

Sumtyme of yo[ur] congelit blood, earthie and melancholik, stopping yo veynis sa yat yo blood can haue na passage to yair membris.

And is knawin be compassioun and pane in yo stomak and is heuch be medicines Laxatiue

Sumtyme yo opilatioun is knawin be yo grose and pane yat yo patient feilis in yo bak and Reynis, And gif it cumis of gros blood is sudd, yo patient nayme sall be very seik collorit and clos.

ffor all it is gud to vse yo seroip of mudwort or to drink of yo decoctioun of Rasingis, fumbill, ysop, small aclo, and cicory, or yo watter distillat of yo same herbis

yo cunsell of Aberd[een]

The receitis of Aloes is gnid yfforz mynd m Scrope.
And gyfon this opilacim comes of abundance of sim humoz vistous crabb and flocmatick stoppmy ye vaynes of ye Lobiz, and thim ye vattoz oz wyne is clenz and clen watter.
ffor ye gll it is gnid to dremk alle morning ye decoctionn of ye receitis of Lsoll, finkill, small ache and eyecry is succonz

Alia

ffor opilacim of ye lobiz and molt make me syrops of ye decoctionn of Lovage m watter and vse it wt succonz is gnid for all opilacmd of ye lobiz and molt.

Alia

ffor opilacim of ye lobiz and gnllsock dremk ye Jus of wormett and Scarroll, oz ye scrops yof vsed is gnid.

Alia

Wormett vsed in meattis conforth and warmes ye stomak and ye lobiz and causs appetyte and heals ye opilacim and stopping of ye lobiz gll causs ye gnllsock and Jdropsy And for yis purpois it may be dryed and mand m poudez and vsed at morne and eem at alle tyme ye gnatitie of ane chestane.

Alia

ffor Lott of ye lobiz seeth barbaroid m gnegar and dremk yame.

Alia

ffor stopping of ye lobiz oz molt ye Jus of gnette myxt wt hony mand m Clestuarie and vsed.

Alia

The wyne yat is sodden m Rossett is gnid to opten ye condytis of ye lobiz and molt, and ye conditis of ye wyne causing of colde.

Alia

The leaffis of carbok ostritim oz ponder of ye seidis yof vsed m mouth oz dremk is gnid for opilacim of ye lobiz oz molt.

Blessing of ye Lobiz.

ffor chaffing of ye lobiz, Lett ye patient tak me morn m yat is hestar of ane hennis eirld, and yat hm soak ye mallt of yar palp and it is very gnid.

Alia

Or if ye patient be very vnlt Tak ye marcz of ane boss yat nober Lad calf, lank it m ane past, and Lett thm saffrone and ponder of ginger and zolkis of eggis and gif it to ye sick man till eitt and it amonds him verik.

Alia

Or Brauld pullcok fastand is gnid for ye same.
Or anoynt ye breist is ye Jus of pullcok and eitt sucrone Rosis
And Lett blude of ye lobiz is eyne of both ye armes bot not atamid.

Apostema^cum of ye Lebr̃ may cum sindrie wayes as be the fall or strank.
Sumtyme of evill hud fott humors yat is̃ generd in ye stomak & vndigested moatt is̃.
Ells apostome is̃ sumtyme vppon it hud yan ayrst hus swelling vppon ye Lebr̃.
Bot ayton ye apostome is̃ vnder ye Lebr̃ yan ye patient fell gritt pane in ye ryght syde:
And ayton ye oattis̃ ye wayes colde yrafter hud ayton ye drawes yis̃ end it grieves him betuix ye schulders hud vppon ye Lebr̃.
And if ye apostome cum of fevitt ye fell hus sur fevor hud gritt thrist, hud his̃ tongues at ye first is̃ red, hud afterard wayis̃ blak, hud ye mater cumming fra him is̃ hollous colloꝝ hud afterwards it becumis̃ grene.

Pleuresie.

This is̃ hus disees̃ called ye pleuresie & is̃ hus apostome generit of blud hud collerik humors gadderit togidder vt in ye sydes or stiffans yat cobeys ye ribbis̃ vt in hud it is̃ knawen be yis̃ fowr signes following.
First ye patient fell hus gritt brening fever.
Secundlie ye ribbis̃ at ye sydes vt in wis̃ they war prikkit contrarius vt nedillis̃ or thornis̃
Thirdlie ye patient fell hus schort breath
Ells fourt is̃ a strong feist & vt ye patient is̃ vexed.
Be this tackins̃ ye sall knaw ye eyelt pleurisie yat is̃ vt in ye body in ye sydes vnder ye ribbis̃.
This is̃ hus vyd kynd of pleurisie outrit vppon ye ribbis̃ apostomed. Bot in yat is̃ not sa gritt pane nor dunger nor ye fever is̃ not sa gritt as in ye vyd.

Regiment

In this disees̃ ye patient sall not drink strak aygnis̃ nor eatt flesche, bot be content to drink tysane, barly watter hud wall drink, hud to eitt is̃ nokkit hors soddin in brot almond, milk, roistid appillis̃ hud Rasingis̃ is̃ long as ye fever dois̃ last hud to pronokkit spistmg rost sucarons candy hud all sic thingis̃ is̃ ar gud for ye cough.

Remedies.

First lett blood of ye Lebr̃ wayis̃ on ye contrarie arme fra ye sydes yat is̃ diseasit efter ye beginning of ye fever to ye thrid day.
And after yat gif ye patient be not febill lett him blood agane vppon ye same sydes yat ye fever is̃ on.
And ye patient sall ewerie day Ly vppon ye sair sydes hus earthen pottis̃ full of warme watter
And till anoynt ye ribbis̃ wt oyle of camomyle fott.

And if ye bellie

And if ye belly be hard tak ane clyster or ane bunch of cassia ane lor before dener distemperd wt tesane or ellis wt watter of stabiosa.

Alia

Tak ye flouris of brome and of stabiosa and of ye gritt thrissill called cardo bene drittis of ilk a lyke portioun mix yame togidder, Lett ye patient vomite morning and nein thaireftir and grind draught wyse.

And anoynt ye tribbis wt oyle of brome flouris ho it sall do yude.

Alia

Ane singular remedy tak four unces of watter of ane lady thrissill and sponefull of quhyte wyne ye quhytt of sex eggis beit rosted and brayed mix altogidder, mak ane plaister wyse and lay upon ye tribbis als hott as may be suffrid.

Alia.

Ane gret remedy. Tak ane handfull of lovis dongne and ane rute of ginger in poudir wyne ye doing and ye ginger meill togidder in ane lendny clayth then putt yame in ane wes pott wt ane pynte of quhyte wyne and Lett yame boyle on ye fyre till ye thrid pt be consumed, and Lett ye patient drink ane draught of ye said drink vehemis morning, and eftir he have drokin ye same cowar him als meikle ho is possible fra cauld and Lett him sweitt.

Alia

Tak ye cuttis of royld nuttis meill soddin four unces, of butter ane unce, of hony ane unce and ane half, of docus doing ane dragme, mix altogidder in manner of plaister and lay Lott upon ye pane and it will brak ye apostome.

Alia.

Tak ye dust yat stickis upon ye bonis or wallis of ane mylne bind it wt watter and mak littill balleis yrof ye bred of ane grott or meir, fry yame in ane frye pane or fryeng pan wt oyle of scorpionis yat is to be had at ye pottingaris, and lay yame upon ye sair place als Lott as may be suffrid bot first anoynt ye sair place wt ye said oyle and gyfen ye cauld is almost cauld, Lett ane wyf ane ly to. Use yis ye space tymes, and schortlie eftir ye apostome sall brak, and ye patient be spitting out ye matter salbe haile and sodrellyng.

Alia.

Tak ane nese buben gyllyt leaf Lott ho it cumis out of ye oven, cleif it in ane Lalfe and spred it ower wt grund tryacle on bayth ye Lalfis of ye unerspred, Lett it meill at ye fyre tyme lay ane of ye Lalfis on ye sore pt ye same and ane wyf Lafton ye wt sydis of ye bodie tayght for meant ye sair, bind yime to and remoeis yime not for ye iiij houris till ye apostome brak gif same will happin wtin tua days and yan tak away ye bred, And fordirtlie ye patient will begin to eject ye putrefactioun of ye apostome, and yan eftir he have stanchit ane quhyte gis him same watter and he salbe haile and schortlie.

Alia

Tak ane apill yallow, and of mirrist de cicell ane and taist, hoall out and fyll in ye end yrof and putt yrintill 3 or 4 grayned of scarabeus confusit of ye male kynd wyf namit callit olibanu, cleird it nocht agane wt ye same prene yat mais entit out, sett it to ye fyre till it be meill roistid throch and not brunt, then tak it and cleif it in four pecis wt ye scarabeus amang it and gif to ye patient till eitt and it will cans ye apostome to brak schortlie and ye patient haile. Probatum est

Alia

For pleuresy or stytch in ye syde Tak agnabite and capony eueryche, salt yame togidder, with blak wod gyn and ly Lott to ye stomak and it will ease ye pane

Nota, if ane man

Nota

If ane man ſuſpect hym ſelff to have ye plewriſy Lett hym lold ye hid wyne als long
yis he may, and if he Lett yis wyne gang bot Loſtyng he ſall not ye plewriſy, and
if not he ſall ye plewriſy or yis wil bringe yhoſe

The gall Goullock.

The gall is ane Littill bag wt ane thin ſkin growing upon ye Lobis, and is
proplie ordanit to reſſaue ye ſuperfluitie of ye coller and ye throck to chenge ye
bleid of ye ſaid coller and to ſend it to ye boſtellis to be auoydit wt ye groſſ ex-
cremenly. All
To ye gall gall is cumin ſumtymis opilacion and ſtopping in ye ſaid aboue ye
Lobis or benedth in it ſelff nocht vnto ye boſtellis cauſing grutt pane.

The reſſone of ye gall opilacion ye coller turnis bak agane to ye lobis, and yat
is mingled agane wt ye bleid and ſa ſpredis abrode to all ye vaynis and membris of
ye body and yat breidis ane ſorknes and diſeaſ named in Latine Icteria and in Engliſ
is ye Jandis or yallock, ane Leaue and dangerous diſeaſ.

And yis is ane vane by yat ſall
Yallow Jandis gall proceidis of yallow coller.
Grene Jandis gall proceidis of grene coller.
And blak Jandis gall proceidis of blak coller, and is called melancholie, and
commonly cumis of opilacion of ye ſplene. And is ye moſt dangerous and difficile
to cure. In yis Leaue of gall wt ye vryne will be blak collored.

Regiment for ye gall ſeck.

They yat Lufe yis diſeaſ ſuld abſtene fra all ſalt meattis and meattis gall as groſ
and Leabis of digeſtion as beiff, babone, boirſone, all kynd of fiſch bayth royd
and tayne all meattis gall as ſtark breid and meill of ſeſon or ayre, for all ſick
as Leabis of digeſtion and weik ſo ane waik ſtomak. Of fiſchis ſorbere ſhuld ba-
ling, eilis, ſalmond bayth freſche and ſalt, for all reid and kynd breid dryed fiſchis
generis ſlowme in ye ſtomak, cauſis weik diſtroſtion and is gritt occa-
ſion of yis ſeiknes. And vſe tender mutton, veale, kidrie, capone, hen, chekin &c
And of fiſchis pyke, pearch, burnetroattis, freſche watter ſtrubis, gryſt and ſick
clene fiſchis and wt ſalcen of ſayis & cald myntis tyme &c and ſic herbis as generis clene
blude.
Herbere all ſwerit meattis as ſeggis leiv and ſic lyke, all vynis yat be ſtark and red, gar-
lik forbid amongis yat be raw for all ſic as weill for collerick ſeknes and reſiſtis meitis
wt vomeyer and ſome ſalcen. Herbere all ſalt flowis and roſe all ſome flowis.

Eyrnes to draw yame

Signes

To know yame yat be infect wt ye grulsoch. They sall have grett lyth in ye syde, grett thrust bitterness in ye throt sanour in ye mouth, worbing and pine in ye forehed, tinging and sounding in ye eard, ye nayne collored, and ye some yhat yallow grene or black and sa sall all ye excrestrom and mater yat comes throch ye patient, salbe of ye same colloꝛ

Tak in ane new layd egge, or a perce of grisly wollen clayth, putt it in ane cupe and make matter yon, Lett it stand ane nycht, and on ye morne ye egge or clayth be yellow, yat sesm is infect.

Ye laich in ye grisly of ye ee, ye nailis of ye fingers, ye stool of ye Lue in ye forehed, or ye skin, if ony of yir gois be yallow colloꝛed, yai is infect.

If ye Findys lippin wt ane fever, before ye schamt day, ye patient is in grytt Dinger of his lyfe.

Remedys for ye grulsoch.

Tak sugo, fern, Hsope, nipp youldis, bingoitis, wirdmaill, plintane, fetter worrist, mugwort, of all ane alyke nobill, stamp yame and streyn yame in grisly wyne, lett it stand xxiiij houris, yn streyne it and drink it morne and even.

Yis is ye patients wyne wt wonger and wormwod mell is gud.

Ye decottions of woodbynd or ye watter distillit yarof and drokin is a soueran remedy.

Tak braid meill and grisly wyne of all ane ane pynt, distill yame in ane stillatore and keip yat watter ane monyth, Yis gifis ye patient yarof to drink efter breckfast ye morning ane laurd sponefull, and lykwayis after sipe at going to bed it is a singular remedy.

For Fundys or pine in ye stomak caust of long serknes Tak Hyeron, and boyl it in wyne and drink it.

Tak ane grud quantite of woodbynd stamp and boyll it in ane quart of gud grisly wyne in ane gud clene bottell into ane pynt and half syne putt it in ane cloise pitt or stalone, stop it weill yat it get no ayre and drink yarof at morne and even.

For Fundys enemy of opilacion, mak ane scrope of ye fud of small aggs, fenkill and fenister, and sucrone, and vsed destroys fleume.

Ane mirnid cane wyne wt ye fud of Gorlens wyd mayis called malkinby, and giffin to drink is gud for ye grulsoch

Safferone dissolvid in watter and drokin called ye Fundys mountment.

Ye fud of edmonyke, giffin to drink wt warme watter is ane pitt remedy for yame yat have ye Fundys or fever.

Safferone and Lobrizeris stampit together and drokin wt watter called ye grulsoch.

Tak ane Lundfut of eftere trie Leaffis sall yame in ane pynt of milk, Lett it sall weill, yan streyne it and drink ane gud draucht yarof, at morne fasting and at even and ye Fundys sall abyd can be sage Probatum est

It is gud for ye Fundys to streik ye moistie of ye Lundfut with warme wyne at morne at noone and at even it drawis ye distad fra ye stomak.

Watter gud for ye grulsoch

Salt ẏe gnie for ẏe gullsock.

Tak ane gnid gnantitie of gladin, seith it weill in watter, and lett ẏe patient sitt ouer it weill coverit wt clathis, that ẏe sweatt in maner of bath. for ẏat sweatt purges weill Lard sleame.

℞ha

Tak ane Landfull of ẏe rootis of blew Lillies, cutt ẏame small and seith ẏame in thre gnartis of watter, and lett ẏame seith 4 houris, and at ẽm gnilen ẏe good to bot weitt ane Lynning sherttis ẏm and lay it about ẏe patient ouer all his body head and all, and lett him sweatt ẏin, and ẏe sall sweatt out ẏe sirbnes, and ẏe clayis sall nae gyllow.

℞ia

Tak sellidone bayth crope and rootis ane gnid gnantitie, sethen ẏame small, and pott full ẏof, seith it in watter lett it be weill coverit ẏat no vapour go out mak ẏat ane sweatting bath, and if ẏe sweatt weill ẏe Fandyis sall go out bẏ sweat.

℞ia

If ane man Lake ẏe Fandyis ẏat be rottin, and ẏat wt gnitt heitt and ane sclett in ẏe straw, Tak ẏe patients ain sark, and weitt it weill in his ane wyne, drying it weill out, and pull it on him agane, Lay him doune in ẏe bed, and cover him weill wt clathis ane warme till ẏe sweatt, and ẏe sirbnes sall sweatt out in ẏe sark, and his sheyn and sark sallbe abstracted ane or two aprill. and this must be done thre sindrie tymis

℞ia

ẏe is gnid eight dayis, ill day fasting to drink ane gnid draught of ẏe decoctoun of ẏe pollytricon.

Thir Learbis ar speciall gnid to be giffin in drink for ẏe gullsock.

Maria thrissil, limiter,
Stane crope, hungriss,
Camomyle, maidin Lair,
Labrob lynt, redrottis,
Sellidon, Fporticon.

℞ia

The croppis of redrottis, soddin in ail and strayned and drobin thrie or four dayis is gnid for ẏe gullsock.

Nota in all drinkis inand of Learbis for ẏis cause, ẏe is gnid to tak ane ploatis gnitt of ship and dissolue it amang ẏe drinkis verry gnid.

℞ia

Beynitstane brayed in powder, and pult in sweitt mille and drobin is gnid for ẏe same.

℞ia

The schell snaillis roistid at ẏe fyre or dryed in ane oven and maid in powder, and ane spoonfull ẏaf drobin in ail, this being vsed myis or ten dayis, it dois effythe help and cure ẏe blak Fandyis.

℞ia

Tak nuttis thrissil, Lungriss, sellidone, and redrottis, of ilk ane ane Landfull, stamp and stoup ẏame ane nycht in ane stoup wt ail, and drink it at morne fasting, sa ane proben remedy for ẏe gullsock. Probatum est

Forbeir all salt and sweitt meattis.
And vse no maner of all meattis bayth fische and flesche.

of ẏe splene or

Of ye splene or molt.

Splen is ye greke word, Lien is ye latine word, mo Inglish it is named ye molt
It is one spongeous substance, lying under ye short ribbis on ye left syde, and is
ioyned to ye fundament of ye stomak, to ye thickenes of ye ribbis and to ye bak.
The office of ye splen is ordeined to receave ye melancholy humors and to clense ye blood
of ye same, for yby ye blood remaineth pure and clene and is good nutriment to ye
membris and is chief cause yat makis ye body to be merry
To ye splen & lappis of ymself opilacions or stoppyng and debilitie ymself, and
yof comes and is myserable and horrible named ye blak feuer or blak gall sock.
Sumtyme ye splen is grittar fullar and grosser nor it suld be and yat comes
of oder grett abundance of melancholy splen is not natural and is ingendrid in ye
lobis and dois under ye generacion of ye blood, for not ye members bicum dry for
defalt of ymself nacrishing and for yat cause ye humour is called Splenotike. The
splen bnacs be ye trailing, for after mirth ye patient full laces grett pane in ye left
syde and is all wery loadis and sad and lacis ye face melyng sumtyme to blakness
As Hypocrates writtis, if ye splen be gritt, the laird body decayes widderis
and fadis away. If ye splen diminish and failis and growes lesse, the body growes
fatt.
Therfor if ye splen be nane melyned, and drawen to littilness nor to mekilness.
for is ye chief signe and tuchin of ane gud complexioun as sayes Constantine, lib 22.

Motiones of ye principall members

By ye splen we ar moved to mirth and laughter.
By ye gall we ar moved to wrath and anger
By ye heart we ar moved to wisdome.
By ye brayne we lake ye sences and feeling.
And be ye lobis we ar moved to lecherie and lust.

Regiment.

Hou man be diseasd in ye splen he suld forbeir all meattis gall ingendrand melan-
cholye, as laird ackis cheis, thairmes, fumis flesche, porke, salt meattis, peis, beans
milke, cheis, all fryed meattis. And after supper wyne apillis
All dredderis and feare is ocell for ye splen And it is good to be latine blader of ye
hyne named Salviacella in ye tyght arme.
And it is to witt That all thingis yat are good for ye lobis ar good also for ye splene.
And lykewyis gt is ocell for ye lobis is ocell lykewyis for ye splene.

Engrosd p knaik

Signes to knaes.

If ye patient feill a burnyng hett on ye left syde and los a dry tongue, and wt ont appetyte It does signifie yat sic diseas of ye splene is ingenerd of hett Emoirs.
Herfor it is gud to gif to ye patient 4 or 5 mornings fasting, ye scrope of Endyfe watter and Earle tongue.
If ye patient Lache mair appetyte nor he can digest and Lache rustnyss nyse to= mak, and sumtymes sour in ye mouth, It signifies ye diseas of ye splene cumd of ane cold melancholy ble Emo[r].

Remedies.

First use purga[c]ons to avoyd melancholy.
And it is gud to anoynt ye syde of ye splene wt oyle of Lillies, oyll of dill, fresh butter, marck of ane oe, and Lemis creisst, or doggis creisse, all mengld to= gidder in maner of eyntment.
If throch opilla[c]on of ye splene ye patient Lache a pale colld or leady in ye face and a gryntnes of ye eyis, tabney alsso of appetyte p[ro]ne in ye left syde wt Lardnes and his excrements blak, it is a signe of ye blak Jaundys.
Ane gret medicine for all diseases of ye splene. Tak ye leavis and coddis of Sorrow, ye barb of ane asche tree scrapet and cuttit in small peices, madne Lave, Lyndtongue, and Lycoris, seith tyme all in clarifyed whey, straynd tyme and drunk yat fastyng or tuyis ilk day till he be haill.

Alia

For opilla[c]on of ye milt or dropsy it ye beginning of ye sickness Ye decoction of wyld sage in and in wyne or watter and ostymes drobin heals ye sickness if it cum throch ingenering of cold humors.

Alia

For pane and Lardnes of ye milt Tak ye barb of ye asche tree, seith it in wyne or watter, and use to drink ye same, and wt ont doubt it will heal ye patient.
Nota fimbria. used till maner of wayes is gud for yat diseas eyther soddin and drobin in sund is or Layd to raw in maner of plaister.

Alia

Ye leavis of leap soddin in watter and vinegar and layd to tak away ye pane of ye milt

Alia

For all opilla[c]ons of ye milt and lobis, seith roes and fenkell cuttis in wyne and drunk is very gud. And is also gud for Lett of wryne.

Alia

Ye rootis of nettill stampit wt vinegar and layd to take away pane of ye milt. This plaister is also gud for podagra and scalding in ye fott and hugs and will assuage ye pane wt outt scalding.

Alia

For pane in ye milt Tak ye rootis of arnottis and pyle tyme clene, stamp tyme and putt tyme in wyne and oyle ol drop to steip, then straine it and seith it wt vine and a littill vinegar till it be thick in ane oyntment and apply it to ye sure is of grit effect. Bot first luys mellificatis and tyne ye oyntment.
Or for mair tak it wt ye fute or wt ye poulder of ye barbe wt wine and oyle This ol hous ostymd probm.

Alia

the rootis or

¶ The rootis or leavis of dotamd sodden in strong vinegre, syne stampit and applyit to ye splene in maner of plaister dois ilkerlie tak away ye scoltyng of ye splene.

Alia

¶ Tak dockis dongne dryet in poudre ye frut of nettills, oyll of eyrin and bremstane, all tempyrd togidder and maid in plaister, and applyit, is ymd for distad of ye splene falling scabill or feropsy, a protions medicine.

Alia

¶ Ye molt of ane dey applyit hott to ye splene haillis it.

Alia

Vettone sodden in vyne or ale and drokyn helpis pane of ye molt wonderlie.

Of ye Bowellis or gyttis.

In ane person yr be sex gyttis
Three small gyttis yat ar situat nixt ye navill
Ane yre gyttis yat ar placed vndir ye navill.
¶ The first is called duodenū becaus it is q̄ inches long
The Second is called Jeiunū becaus nathing remanis in it
The third is called Ileū becaus it is long and small.
The fourt gut is ye first of ye great vmd is called Monocnlus Bot vnd it is lyk vnto stok and bot ane mouth, and in yat schaw sumtymis ar wormis ingendrid of Venus the cause pane of ye belly on ye tyght syde, gut is not ye more collykit.
¶ The first is called Colon becaus it hes mony mony hollow places domis or foldings and it proceidis from ye tyght syde vndir ye lyvir, and it mak revolutionis vnto ye left syde and fra is ingendrid ye collyke, gut is dissesid and sprad throcht ye belly mair nor ony vyr disbas.
The sext is called Rectum becaus it is nocht vnto ye left bodyn or nocht it gois doun to ye fundament.
Hypocratis callis ye three bowellis gutis ar nocht ye stomak fra that is to say small gyttis and ye pane ingendrid in yaim is callit Ileum passio and ilkery sark pane.
And Rasis callis it ane vile collere passio is lykwayis callit of ye gutt Colon.
Thir tua disbassis ar systerd becaus thay cum oftymis bayth of ane cause wit of opilatione or stoppyng of ye bowellis, and may cum of sindrie causis sumtyme of wind and flumositie gut stoutnes and rasis out ye bowellis gut ye ar linkit and folden togidder.
Sumtymis of suppostunes of humouris gut gnawis ye bowellis
Sumtymis of apostomis gut hurtis ye substance of ye bowellis
Sumtymis of grit multitude of wormis yat gnaw and consume ye bowellis to in
And all ane of yir vorlis takis yir propir signis and causis as ye Commentatouris to wit
If it cum of colleryk mater, it is bytyng and pykling.
If it cum of flematik mater it is vnmuvd dolor extensiue stretchyng and cryming.
If it cum of melancholy
If it cum of mola

If it cum of melancolyke mator it is namyd dolor agrabatimus sare and gre-
vand.
And If it be resolvyd of grassy flegme it is namyd congelatimus, freysing.
If it cume of bendosite alone, it is namyd dolor deambulatimus mouing and
chayngyng from ane place to ane nyd
Quhen normyd namyd Limbrici generit mare nombre bene cauld of ye pan-
thon is ye warking and pane gruttast.
Limbrici be lang normyd round and scharpe at ye endis and ar bred in ye Inner gate
of ye bowellis generit of slymie and rank Humors als sayis Constantine
And of thir bred in ye nather grutt gruttis thon ar thir namyd ascarides and Cucurbini
Quhan als sayis constantine It is wordfull yat thir normis be gaudly expellyd and
put out in ad bentura thay destroy and consume ye hail body.
And if thay will not cum out bot if thay be first dryd, for sa lang as thay ar
on lyue thay clynf and stiblis fast to ye guttis and will not cum out bot in
gritt difficultie as salbe declarit heirefter.

Regimont for ye collyke Illyake and hepatyke.
First flie fra all evill qualitis of ye ayre as wynde, rayne, gritt heitt, gritt cold,
and specialle warne not ye bak ag and ye stamok nor to heitt it by no myd me-
ane, abstene fra gritt repletioun at ane meale, fra ane lang fasting and ab-
stinence fra meitt, sleip not on ye day, specialle sleip the after meitt, ly not
on ye bak nor rayse quhen ye ar on sleip, forbeir salt fischis, beif and sic
gross meittis, fra all watter foullis, spycis, pastis and dry victuallis, bot abone
all be ware of gryte meittis at anis, eland, raw fructis and roistid eggis.
And sa mekill as is possibill keip yow fra anger fra melancoly, and sic myd
affectionis.

Remedie.
First if ye pane cum throch stoppyng of ye bellie ye sall gif ye patient ane
clyster mollificative thus.
Tak mallo violettis Bortis Camomyll fenygrek, sanct Iames, tak ye decoctioun
yhof and mak ane cassia and condone hony oyle olyue and gif it in manner of clysp
And yaftir tak ye quarte of ye said clystre brynt and fryid in butter oyll
and hyd bot mak ane endyng clauth and appyit by ye bellie And if it be yat nanis
ye pane ceass not, sett in ye said decoctioun vp to ye nawill
And yaftir anoynt ye nawill with dyalthea and mair butter
And if yat clyster dois not worke sufficientlie gif him ane wyd of ye same.
Or ellis gif him ane suppositary of same instis long maid of ane hony and salt.

Alse ane appoyst

Alia

To appeas ye p̄me caused of wind make hym a clyster of malbosy oyle of dill or camomyle and gif to ye patyent.

Alia

Also p̄nd vecht of oyle of lingett griffin mannor of clistor is hym singular remedy to tak away p̄me in ye belly.

Alia

If for ye said clistorys ye p̄me ceas̄ not or yat ye patyent will not resseve yame Tak hym gall watter sponge or ye fell of ane Katt and stryp it in ye decoc-trom of wyne, q̄ in Kaldc bone sodden Rose, camomyle, wdroyne, mugwort seedy and ennyne, and yeftyr lay it upon ye p̄me ald fell as ye patyent may suffyr and fone tymes ald dry. Lett him drink wyne q̄ in Kis bone soddeyn Rose wt̄ serdis of eardy and ennyne and to drink at ill tymes a littill drancht ydof and ill day to kep abstinence fra eitting and drinking meikill of wt̄ tyngis till ye be Kelthly Kaill.

Alia

Also grind suppositour for ye collyke tak ane dram of rose in fyne poudyr Kalf ane dram of ennyne dryed in poudyr and lym mak ane suppositour and resset it

Alia

Ye watter distillat of camomyle or ye decoction ydof drokyn is grind for ye collyke.

Also ane actorne dryed in poudyr and griffne to drink wt̄ gnyde wyne is verry grind

If p̄me of ye collyke ennis of collor ye sall knaw for be applying to of fell tyngis ye p̄me incress and grosse main.

Alia

If ye collyke enne of wind make ane clyster of milk wt̄ a littill oyle oliue and ye yolke of ane eg and resset is grind.

Alia

Ane plaister maid of ye leaffis of Kokis and fryed in oyle and mugwort and layd upon ye belly is grind also

Ye rut of Cinula campana or ye scrope ydof drokyn is grind also.

Griffne ane stumpit wt̄ ail and drokyn is grind for grinding in ye mouthe.

Alia

Tak styrpis doung and fry it in yallis croisse temp it wt̄ pik, make ane sone clayth ydof and lay to ye sure it is grind to remove p̄me of collyke.

Alia

Tak ane penny gyrsyp of myne dryed and stry him and oppon sik wombe and apply it to ye place q̄ ye p̄me is and it is a speciall remedy for all diseasis of ye guttis

Alia

Tak rotten horss doung out of ye stabill stamp it and strik it in oyle oliue make ane plaister ydof and lay to ye sure place ald fell as may be suffrid It is verry grind for ye collyke.

Alia

For collyke and thake passionis caused of colde ye scrip of caryk put in ane pote of lying eruth and apply it fell to ye p̄me and it sall do grind.

Alia

For collyke tak adons scrip it in salt watter make ane plaister ydof and lay to ye belly before and behind warme It sall assuage ye p̄me.

Alia

For thake passionn scrip myntt in wyne make ane plaister ydof and lay warme to ye reynis and nedder ye of ye belly sone wont ye shott beame and it helpis ye p̄me gritly

Alia for p̄me and thake

A lia

ffor pine and tfrasing m ye wombe, sethe wyle tyme m wyne and oyle, make ane plaister yrof and lay to ye belly warme q^d ye pine is and it is grnd.

A lia.

ffor pine in ye wombe caused of wynd, stall rost mary and cumyne m wyne and temb it warme it cass ye pine.

Scolling in ye Belly

Cympamd is ye Latine word m myche it is named ye Cympany q^ch make ye belly to scoll as it were ane tabone ind ye flesshe of ye body wod pyne away and it make one to be schort and it and fayne a ns yis mfremitie comes of wynd mixed m ye belly

ffor q^ch it is grnd to be ware of all meattis q^ch yender wynd as frewitis rawe hard ind cauld drinb no wine all nor beare, eat no wod Laitt baken bread, cheis nuttis, fast not long, Tak no extreme cold.

And for yis mater it is grnd to hold ye belly Lacatives to purge my clysters and suppomtours

Wse drogys yat brek wynd, and all thyngis q^ch cass fasting and fasting is grnd for yis mater

Eat not sodyn eardy sodyn grugen sothnall fenbik sodyn chesid cummyne sybe gwintre mald m fyne powder and use all day to meattis and drenkid is grnd.

Note

Crounding in ye belly comes of coldnes in ye bellie or guttis or of long fastyng or by eatting of frewitis and wndre meattis & m^y come of evill dyat m^y mouth Therfor abstene fra lang fastyng eatt no rawe frewitis nor windre meattis vse all sic drogys as brek wind, kep ye bellie bous tak no cold, in ye breist or wombe.

To brek wynd.

Tak cummyne fenkill and almost sodyn bray yme and spell yme in wyne, and drink yof morning and evening and it sal brek wynd in ye wombe.

Strang ebband m ye mouth and excellent dome fasting brek wynd

ffor schott in ye syde. Tak ye stanking of ane Cauld syne pynt, pour it warm and clois fang and stemit warm syne put yin ane quarter pynd of cummyne y-m sorth altogidder in till ane pynt syne tak ane rost rollon cloyth warm it wyn and lay to ye schott als hott as may be suffred and it sal assuage ye pine.

A lia.

Cummonly sodden m watter and ye decoction yof put in ane sayand bladder, wynd it in ane linning cloyth and apply hott to ye schott is exceiding gnid.

ffor gruppyng or pine in ye bowells if it be gotten in ye gritt gutt Tak ane sow ane bladder and fill it full of warme wyne and lay to ye nakill als hott as may be suffred, mase it oft and it sal put away ye pine. Probatum est

A lia

Collyke and fluke passions mast commonlie proceids of wynd q^ch is knawen by thingis and mokings of ye pine fra place to place m^y grit noyse and rumbling in ye guttis ffor q^ch take maces berbis, marcumalis of ilk ane handfull, marjorame, condomyne, rose, of ilk,

Lyce, of ill ane littill Lundfull, mustt, cumyne, of ill ane vnce, mak a decoctiom
tak ȳof 3 ospmꝰ, cassia ane vnce, tryakill Lall ane vnce, oyle olyes ane vnce,
mak a clystor ȳof and vse it Lang befor or eftir meattis.

For grending in ȳ wombe.

Tak red mair fogge, sorll it weill and wryng out ȳ watter clene, stamp it in ane
mortar, and mix it wt ȳ ayre wayne and yuitt eroisȳe, mak ane plaistr ȳof, and
ly to ȳ wombe ȳat grendis als hott as may be suffrit and it sall assuage ȳ pane

Tak macis rosis carȳ and fenkill ane Lundfull of ilk ane, sorll ȳme in watter till
ȳ pith of ȳ fearbis be soddin out, putt ȳ decoctiom hott in ane bledder, and ly to
ȳ wombe als hott as may be suffrit is ȳnd for ȳ grending of ȳ wombe or grabell

Tak red nettill stampit and drobin in milk or wyne helpis ȳ grending.

Tak ane onyon cuttout ȳ heart ȳof syne fill it full of cumyne sid and roist
it weill on ȳ imbrs, and gif ȳm thus hot to bed at euin, and it hott to ȳ sair places
wt ane clene clayth, and it sall assuage ȳ grending.

For collyke passiom Tak ane acald cobe, and sorll ȳm in clene watter wt a ȳnd
quantitie of sult till ȳ substance be soddin out, syne drink ȳ broll air and hatt
and it is ȳnd als sayis galen. Probatum est.

alia

Tak ȳ fus of mugwort wipt wt ȳm and drobin is ȳnd for pine and wrocking of ȳ
belly

Tak cloves of garlik stampit and straynit in ane draught of Rosis wyne, and
drobin is a pitt remedy for ȳ collyke ȳ stone and ȳ strangory

Flux of ȳ bellie

Thair is thre diuersis kyndis of fluxis in ȳ bellie to wit, Dissenteria, Ly-
cteria, Dearthea. and ar knawin be ȳir signis and takinis following.

Dissenteria, is ane vlcerac̃ioun of ȳ bowellis, for ȳ guttis is nocht rottin or
flayin wt in and ȳ matter ȳat comis furth is bleid wt scarting ȳnawing and grit
pane and prikking in ȳ wombe.

Ly canst ȳof comis ather of vnnaturall collar or of salt fleume or of ane mayne
of bleid broken or of ane melancholy cruȳ or of sum apostume of ȳ leyr or
thrie vtheris of evill corrupit and rotten druggis and medicinis.

Dyssat may cumis of sum grit hurt or straynȳe of ȳ body, as be grit lifting, brekkyng
burdyng, by ane fall or sichtbe and hurt ȳ dois hurt ȳ mesaris ȳis of man, brekkyng
ane vayne, Thrie ȳ bleidis of bleid dois ysche fra ȳ body wt ygestrum of
man and if it cum of collar or melancholie, and ȳm ȳ ygestrum or matter rollis
blak, and ȳis most evill and dangerous dissad cumis of evill disposic̃ioun of ȳ guttis
and bowellis ȳrin mentionit ȳof. first ȳ fatnes of ȳ guttis is vnbleid and sched, and
ȳ ygestrum and matter is als it wer ȳ washyng of flesche

Thir signis is ȳ

This seemid is ye Colik wrangis ye faldingis of ye stomak bone schadow, and ye mater is lyke ye schadingis of excrement
And ye third is ye guttis comis out wt small percis.
Of ye first of thir thre kyndis may worll be cured the seemid wrangis and ye third wer.
Lyntria is ane flux of ye wombe ye wortt and drunk passis wt out digestionn and wt out ony changeing maid of ye wortt and drunk. bot rycht as it wes resauvid, sa passis it out agane.
And yis disease comis sumtymis of ye schadeing of ye dennis and foldingis of ye stomak yll maks it to be so slipperie yat it can hold nathing.
And sumtyme it comis of ydropsie and flewmatik humouris cleaveing to ye foldingis of ye guttis
And sumtyme of ane apostome for yan ye stomak is grevit wt meat and drunk, and yfor is provokit to expell and put it out agane befor it be naturallie digestit
Dyarthea is ane simple and natural flux of ye wombe wt out passing of wortt and drunk yat is digestit and yat wt out ony blandis mater, and it comis sumtymis of vehemens of sum abundance of meat and drunk and of sliddrie and sclarpnes yof
Sumtymis of colleza yll ye defalt is in quantitie yan in qualitie
Sumtyme of flewmatik humouris yll slyddis and rynnis fra ye hird to ye guttis and altir bythis and frettis ye guttis Or ellis maks ye guttis slippery And yis yll ye Greikis, for ye patient sekyth sweit or fome wt bladdis bollid.
And yis kynd of flux names dyarthea is cured best wt sklarf and sclarpe dyatt.
For sumtymis or abundance of wortt and drunk is ye chief cause yof.

Off manis egestionn.

Egestionn is ye sege or mater yll comis fra man. For it is necessarie yat ye moathis yll man dois eatt be digestit Eat yan in dew tyme yefter ye gross substance yof be egestit and voydit.
And it is to wit yat be ye egestionn or mater in sic sesonis the Physitiane takis a grytt notritionn and Greik lokis of manis naturall For sum men be ouer Lazatyve and sum men be ouer costiue, and sum be indifferent betuix
The cause of unsyte Egestionn, quhesoeuer ye be yat dois eatt lyttil meatt and is ane small drunkar yis egestionn can be bot littill in quantitie
Bot quhesoeuer dois eitt yt meatt grosse and yin nowise eftir egestionn yat sesonn can not last long in guid healthe wt out infirmitie.
Lett no man wonder nor it hald yis wryne nor egestionn langer nor ye be nature is provokit yis for yat comis many infirmities. &c

And eftir Greikis lokis in Egestionn
If ye meatt comm fra ane man is in a maner ye did eatt it It signifies yat ye stomak is wark and ye bowellis lubricated and is ane evill signe.
If ye egestionn stynk not it is ane evill signe
If ye egestionn be collorit lyke ye Erde of earth, it is ane signe of death
If ye egestionn be colloris lyke leid, ane evill signe.
If ye egestionn be blak lyke Inke it is ane evill signe.

If ye egestionn

If ye Ygestrom be blak brint and lyke scorpis trattis signifies abundance of colle adrust and pase m ye splene.
If ye Ygestrom be yellow and eitmy no suffrone before signifies yat ye bodie is replesit wt coller and cytrone matter.
If ye ygestrom Lacke stenyes of blaid tkne is impedment m ye bodie and m ye bowellis.
If ye ygestrom be bladie yis is bleras m m ye guttis.
If ye ygestrom Looke lyke ye scumyng of guttis, beware yan of me extreme flix and debilitie of ye body
If mo nam be ouer long lacatiue and contenuing he can lawe no stronth.
And if he be ouer long costiue he can not lois long wt out sekenes.

ane short descriptiom.

Anale stuyd of ye bellie cans ye excremente to be dowbe scarcled and fone,
Lyenteria Ane if ye flux be sik yat ye excremente cum furth lyke meatt na manor as it wer
receaued it or not Last digested ye sais flux is called lyenteria
Dyarthea. If grutt abundance of watteris matter or lymoy cum furth nober that is called Dyarthea
And if blaid or mater appere wt ye excrement m ye sekines yat dysea is called
Dissenteria: Dissenteria Ille is ane grutt and angerous disease to cure.

Regiment for ye flux

In all kynd of ye flux he must abstene fra diuersite of meatis and be content wt ane kynd of meatt only and to gif ye self to ease and quietnes and rest and to slep moderit And to vse greuell maid of rys mill and flour of grutt wt yolkis of eggis rubbed amony it almond mill And to drink ostymed watter wt rost quedes of sheip or fane is sodenes in And ise allacant wyne drye me toist of quyte breid ym and salt.
Plant ane sodden m mill, and droben stanchis ye flux
Rhod apilis sodden m ye brose droben dois lykewyis.

ane vyd regiment for ye flux

Tak ane handfull of flour and mix ye sam wt ane litrill quantitie of pepper, mace and ginger, and ane quartar quantitie of suffrone, and worke ye sam dry betuix yor hands in ane round ball, thaireftir put ye sam in ane clene and dry clayth fast and round And ane ball, yeftir put ye sam in ane pott full of clene watter and lett it sethe be ye space of ane your and mair, yeftir tak ye sam furth of ye pott and dry it befor ane fyre yeftir tak away ye clayth and ye ball with lard, and pare away ye vtter scruif yat wet ye clayth, Thaireftir straip ye sam litill or mekill as ye plese ather in clarett wyne or yor milk as ane all bestis and yeftir straip sucker and camok yrupon and gif it be ye patient.

Remedies

The flux dysenteria, sulde not be restrayned nor stopped afore ye viij day except ye patyent be all ye mather.

If ye guttis be excoriatt or flayen vse ye wh[ite] remedie.

Tak half a pynd weght of milk & ye gaddis of steill yat hane stobynt the mo of plantane ayle of quinces of ilk twa vnces Mollar mynd hne drachmes, guttis tuiche hne vnce mng all togidder mo gif yame ye hne clyster

Note all clysters & ye ar gifin to stop ye flux sulde be nocht lettill ne quantitie

To restrayne ye flux of ye mother bynd it be Tak ye possill of ane hart dry it ye powder and drink it wt wayne.

Alia

The watter yat is distillit of ye buggis of albm twa drobin wynd for ye flux.

Or ye yong acorne dryed and mad in powder and drobin wt hony, collit and wyne is gud.

Alia

Almonds unblanchyt sodden in hony till they be blak and eitin fastand restrayn ye flux ad bolustie

Alia

Mak bread of ye first grund meale after ye pibbing of ye mylne and eatt it is a gud remedy

Alia

The decoctioun of acorne tynd or fusse drobin bind ye bollis mekle

Alia

The decoctioun of fyrcon sodden in wyne or watter and drobin stanchis ye flux of blude

Alia

The Lever of ane horse sodden in vinegar and eatin dois mekle restrayne blude and bindis ye wombe

Alia

Aboue all thingis Cowis mylk sodden wt fyre or wt ane stane and rosit is gud for ye same

Alia

Red roiss dryed and mad in powder and rosit in meitt or drinke is gud.

Or ye herb callit gratia dei sodden in milk and drobin stanchis ye wombe.

Alia

Tak roastit fyre Lay it vpon ye fyre till it be red hott syne stoken it in vinegar and cleschis ye foome yof vnder a cloist stoik is gud.

Alia

Tak ye milk of ane kow yat is all blak or yat wantis ane calf yat is milkit and lett not ye milk tuiche ye erd till ye tak ye quantitie of alme and putt in ye milk, seith all on ye fyre till ye alme be molten and gif it is coldit drink it and it is gud.

Alia

The gryt yat stane berryis grocelit ou sodden in milk and drobin restrayneth ye flux.

Alia

Tobbis of eggis and clene stone maid in bread and eatin thryis in ye day bindis ye wombe.

Alia

Tak ferrose kow mylk gryt quantitie ye will, tak ye gilyte stands out of ye watter and lett ryme rest lett in ye fyre, putt ryme in ye mylk and lett ryme seith ane gud space, ye tak fyne & kow stark rousit eggis, rub ye tobbis of ryme in powder amongis mylk, tak ane quantitie of flour of gryt, and putt altogidder in ye mylk, and lett ryme seith on ye fyre till they be thik and stark and use till eat ylof myne dryed and it sall bind ye wombe.

Alia

Tak ryss wasche ryme clene and dry ryme weill at ye fyre syne gryd ryme in powder and seith it in kow mylk till it be thik rostit and it stanchis ye flux.

Salt thre eggis.

Alia

Seith thre eggis blak Lard take ye yolkis yrof and myx wt powder mad of clene pyk yrsyn entrits of ane eg, temp yame wt hony and anoint ye patient to drink thre dayis and it helpis him.

Alia

Take half a pynd of almonis blanchet, stamp yame in ane morter, syne take ye yolkis of xij new layd eggis Lard roistet and brayed, seith altogidder in ane pynt of wynegar yat be stark, putt it in ane cloist pig yat it get no ayre and gif ye patient yrof to drink thris or four tymis ilk day four or fyve spounfull at anis and it helpis ye wombe.

Alia

Nota yat mad of cokis milk soddin in wynegar and salt is ane drink blak cokis milk nocht milked is gud for ye flux.

Alia

The seid of lyll stampit and soddin in gud red wyne and drunkin is gud.

Alia

Take ane hen eg, putt out ye gryre yrof and fill it full of rois water, lett it roist on ye fyre till it be hard putt a littill hony yrin and anoint ane it morne, ane at noone, and ane at even, and it is dryis and it full helpis.

Alia

Or seith, peris or pen tre Lassis stark in water and drink ye decoctioun it restrenyeis ye wame

Alia

Or seith ye rynd or coppis of accorne in water, stamp yame, mak ane plaister yrof and lay warme to ye wombe it helpis.

Alia

Clay borrois distillet in water and drunkin is singular gud for ye flux.

Alia

Mak pouder of mullgallis and temp it wt gryre of ane eg and wynegar mak ane plaister yrof and lay to ye rayne and to ye neddir pot of ye belly and it restrenyeis ye wame

Alia

Or seith mullgallis in water and yis wt bath ye belly warme and it is verry gud for ye flux of blude

Alia

Take ane new layd eggis putt out ye gryris yrof and putt hym in ane schell, fill it full of aquavite, stove yame togidder and seith it on ye fyre and gif ye patient to eitt and it full helpis and bind ye wombe wele

Alia

For ouer gritt boneting and flux of ye belly, seith cummyne in wynegar, syne drink ye wynegar and eit ye cummyne.

Alia

For him yat vomyt blude at ye mouth, take ye hemys stengis of nettills yat be verry tender, stamp yame in ane morter and take ye iuce yrof and gif to ye patient in ye morning ither it all ane or wt wynegar and colde water yis yis thre dayis togidder and it full purgis ye corrupt blude and stop ye lax.

Alia

Take ye yolkis of thre or four Lard roistet eggis and rub yame small and putt yame in ane pynt of ye verdest wyne wt ane vnce of pouder of cannell, seith all togidder and drunk yrof thryis ilk day, yis yis wyne dryis and drunk bot fastand and forbeir possett all milk butter and fleith.

Alia

Ane possett mad of ane beris milk yat yat ane calf of ane yeir auld wt gud red wyne and drunk it oft is gud.

Alia.

The tane of

The tame of ane Ram sodden in milk and drobin in gnid is syndis gude.

Alia

Gnid arabyke sodden in rois water and drobin in gnid for bludis flux.

Alia

Tak ane handfull of lamyris callid tormentyle, stampit and sythit in cleir milk and drynk it fast it nycht and day and it restanis ye wombe.

Alia

Tak ane fatt rose harim haf it cumis out of ye ayr mak soppis yrof in alayent wyne or ryd ye callid red wyne and eit yrof ostymes in gnid.

Alia

The croppis of red breris and mugwort stampit and sodden in milk and drobin in gnid.

Alia

Dokis dongne stampit wt wynegar and layd to ye navill stanchis ye flux.

Of costyvenes or bindyng of ye bellie.

Lybe as lang and contynuall flux is dangerous, so is stoppyng and hardnes of ye bellie noysum and grevous if it contynue long and yat in all manir of ages and is ye chief cans of me seiknes and many vyl diseass.

If yis diseas happin in ane sowkyng babe ye mwrs sall tak hir ane littill fony to sowke on for hunger, and gif yi help not anys a littill tyme and clere tarpentyne wt fony, resolvis it in a littill sakcer at ye fyre, and lett ye childe sup yrof a littill in a spone, this is a thyng nocht helpsume as diverss authors writt. And is a thyng nocht agreabill to ye nature of ane childe, for it dois not onlie lous ye bellie wt out grief or danger, bot also dois purge ye lobir and lungis wt ye spleyne and reynis and generallie conforttis all ye speciall membris of ye body.

Alia

The gall of ane oe or bull or bock spred on ane clout and applyit warme to ye bellie lousis ye childis wombe.

Or roist ane onyon and tak ye gall of ane oe and butter mak ane plaister, and lay to ye childis bellie it sall all myn dissufe and it dois lykewyis.

In older ages.

It is to wit yat it is better for him yat is costyve to be lousit wt plaisteris nor wt drenkis.

Tak ane gnide plaister, tak rot kaill, mellilote and seyne seme, mix yame togidder on ye fyre, mak ane plaister yrof and lay to ye wombe, warme it lousis nocht.

Alia

Or tak dog berreis gromelis oyle and seyne seme, mak ane plaister yrof and lay warme ower all ye wombe and it lousis nocht.

Alia

The lousit of Spunge pull it dom ward and oftin tymes tymed it ilk tyme thrie lousis it gaires doungyde under.

Or ane portione of blak ship put in nois lattin ga, wort and drobin lousis.

Alia.

The gall of ane

The gall of ane bull broken wpon wall and land warme to ye wombe loasses it

Eirth maeis m watter stamp and fry yame m scoyne seame w^t ℔t of brane of gheit mak ane plaister ythof and lay warme to ye wombe it loass^s wall. ane vnd regiment

℞ha

If ane man be long constipat and y^t throcs fallis m ane fever to mak him lagat tak half ane vnce of sucone roiss^s and drink it wt a little ruch gyle.

Or mak ane supponitorr of loim and salt of 4 inches long, roll it moyle oly & butter or sup and resset.

And rub ye lord wt pap milk of a woman and roiss watter.

In ane fever.

And for drouth waste ye mouth wt stik ye small drink or stroce soorobis and spitt out ye draif

Or lay sucone candy wpon ye tongue and lett it melt in ye mouth or chow ye and of the apill garnett.

And gif on ye cold is wpon you, fill ane pitcher full of playne lett watter and sett it to ye coills of ye sitt, and gif on ye sitt bot and to cum, tak it ahis, then keip you warme in sitt and seirtt but gritt tenblance or storing ill fat is to many and yn it is very prossitabill to tak a littill of conf^s^ of roiss or violetis &c ye ar fayne.

The soorock watter or Eudyes watter is very prossitabill to drink.

And to anoynt ye stomak wt oyll of Roiss

Ane tak fennis torre & stanpit in raw gryss and drink it ofttymes, & inge ye drink and rub yat drink all ye best coills ye stomak and drink na watter, kep yis regiment and ye sall find it very prossitabik.

To loass ye wombe.

The loassis of Laueriane dryid and made in poder, tak tyne penny weght of yat poder and putt in Caull or tilbery pottage. or in ane soft roisted eg or in milk or wyne & it loass ye wombe.

Nota Or ye seeds of spreges stampit and putt in ane soft roisted eg ye gryst to tane away sup it out tak ane drink vpon & yne gang and meass till ye be sett and butt doabt it will gif ane womytt and lagat or at ye least ane lagat.

Probatj

Tak mazemallis macis beittis, seith tyme wt ane chekin or ayt peice of tender fresche flesche, seith tyme wyll till ye flesche be sodden ye substances in ye brothe pres out ye iuis, putt ane peice of fresche butter yto wt ane spone full of loim and drink it warme and it sall louss ye wombe sasilie wt out danger

Ane corne of bay salt being putt in ye fundament dois provoke ane to ye stuche incontinent.

Colegnd tida meyt wt loim and ye gall of ane bull and uplyt to ye wombe in maner of plaist

Mmor of plaster warme Loosse ye wombe.

℞

℞ ye grene oyntment Take ye gall of ye bull wt soyne seame or butter wherin
ye mentine molt yame togidder on ye fyre, make ye oyntment yfor anoynt ye nauill
yrwt it mollifieth ye belly.

℞

Take mutton and dreft her, fill her wombe full of ye rootis of pollipody, stampt
Saith ye hen frit ye substance be sodden in ye broth, syne eatt ye flesche and drinke
ye broth and it shall loose ye wombe.

℞

Saith hyssop mwatter and hony and drinke yrfyne go to bed mollifieth ye belly.

℞ ye grene Suppositour

Take hony ye yolke of ye egge and soyne some temp yme wt a little salt
syne rome it in ye lytting clayth and bind it fast ye thrid ye gruntitie of ye buttom
and putt in ye fundament loosse ye wombe.

℞ ye rootis of polypody stampit and sodden in stark ale and droken loosse ye
wombe.

Comforting

ffor ye yat haue appetyte to ye stoole and can do nocht, boyle mille ostymes sod-
den and droken and yrnd.

ffor costyenesse.

℞ ye powder of fedcoll strowit in pottage or ony gott meitt and vsed is yrnd
for costitues.

Off wormes in the wombe.

℞ ther is diuers kynde of wormes in ye belly to witt, long wormes, schort wormes,
rownd wormes, flatt wormes, and smw wormes ar small as lyce.

℞ yr ar all gendred of crudey gross and flegmatik matter, and nocht of coller nor
melancholie

ffor all scorfit hungris yat gendris sheame nawsy yme, and all bitter hungris styrris
yme,

℞ ye signes differs according to ye wormes.

In ye long and rownd wormes ye patient condoulie ye and dry coist, p̄ane in ye
belly about ye guttis, smytyme yrissing and trimbling and in ye mell will start and
wallom sudde wthin and fall on stoip ayane.

Ye thrie kyndis they will gnaw the and grind yr tuthe togidder, ye ayne wayis follow, wt
ane ygar and sharp teith, and ye gutt dois yre to stoip and rest and nocht tuthe to be
wallomit, ye pulse is meetane and nocht at ane stay, and many ye bot small do-
syre to meitt, and quhen they gett it they eit nocht gredily. and if they eatt it drant
it at ye appetyte, they forfuke it and grow quhite ylkoter. ye hole body consumes
and wayis leyne and ye face pale and wan, smytyme wt a stye, smytyme wt a
bowtt, and in smw ye belly wilbe scabbin stuff as a tabroun.

ye long and

The hony and braid wormes in the Chaldron be thes signes following

The swelling or gritt listning of the eyne, intollerabill tymor, gritt thrasting and grippyng off in the bellie, specially afoir meatt, watter coming out at the mouth, or at the fundament, continuall scabb and rubbing of the nose thrillis, the eyne ar loos sonken in the heid and the end stinking.

Also sone as the same dois sie passe, it appeiris in the donng, littill flatt thingis lyke unto the seid of cucumberis or gourdis.

The uyer two sortis of wormes ar ingenored in the gritt gutt, and may weill be knawen, be according scabbe in the fundament, and ar oftymes seine com furth at the secretis and they ar called of Physitians ascarides.

Note mont wormes in the wombe.

Constantine sayes that gif wormes ar genored in the belly, they wald sone be putt out, in adventure they wald consum the haill body and they will not com out till they be dead, for sa long as they be on lyf they cleif and stik fast to the gutte, and ar unabill to be brocht out. And they ar slane at bitter thingis. And therfoir all bitter thingis gif they ar gryffin to the tyme sulld be gryffin in hony or in milk or sum sweitt thing for gif they resseave the sweitt thing, they ressaue also the bitter thing and sa slayes tyme selfis

Remedies in childrene.

The ane is that is fundin growand upon oystaris be the sea syde, that is a singular remedie to destroy wormes and therfoir it is called of the grekis Scolytabotany, that is to say the boarbe slayes wormes

It sulld be dryed and maid in poeder and gryffin to the childrene in sweitt milk to drink the Physitians call it Coralmo

Alia

The gall of hwoc or bull wes slayne stamp and putt thrist hes knaffis of gud cumyne, maik ane plaister thof, and lay ouer all the childris bellie and remoues it all the lowsy

Alia

Drop in eist of tobacco hony a litle rontlyn in at the drop of wame or ane the applyis it to the thrid to mabyll at gang to bed to take away about sappe and sting in the mouth and nwse skrip and vomet heid and efter to ly in the heid of fourtie dayis to bring away wormes,

In older age.

Cault gurlikis in meitis wyne dayis and it slayes allmanor of wormes in mens body

Alia

Put the seidis of wormett in malvoisie or in milk and drink it and it slayes wormes in the wombe

Alia

To slay wormes in the belly, gif unto the patient clene milk to drink for thrie or four dayis met his heart, and the first day stamp gurlikis in warme water and drink it and it sall destroy the wormes

Alia

If wormes knit the mouth of the stomak, put hony combis in the mouth in the morning bot lett nothing down ouer the said thre wormes will draw to the hony and sa ouerthrow furth

Alia

Take the seidis of wormett and of tansie alyke quantitie, stamp thame in wort or in gryte wyne thre dayis under the earth. And in the morning lett the sick fast drink

a lytill quant

A Littill scorll mellt mȝt hiȝ hart to gar ȝe wormes open yr mouthis, and yrefter
remoue and gang ane gnis space, ffra drink ane gnid drink of ye said drink, and eft
yat moue and gang ane gnid giffin and ye wormes fall die and deboyde.

A ha

Ye man yat hes wormes in his wombe, he desyris to vomitt, he his na sauour in his
mouth, nor taist of his meatt, ye occasiom yrof comes of abnid lake of fflegme gad-
dert in yr stomak. Tak wormett, rute, and lobage, seith ȝame werk in ale and drink
it fastand ȝ gnid.

Or to drink wormett and pellitor in ȝe morning mȝt his hart ȝ gnid.

A ha

Ye gall yat growis in moss stampit and strepit in wort, and drokin stanyt wor: ma
in ȝr wombe

A ha

Aberonzie stampit and drokin in ale or wyne stanyis wormes in ȝe wombe.

A ha

Seith popill in watter and drink it stanyis wormes in ȝr wombe

A ha

Mak maill of ye sord of popill, temp it wt ye mȝ of wormett, mak ane plaister yrof
and ley to ye nawill and it stanyis wormes in ȝe wombe specialliȝ in childrene

A ha

A nu for ȝame yat ha of aldar ago confest ye maner of popill wt hony and salt
it is gnid for ye same cause

A ha

Or seith grene myrt in watter and drink it is gnid for ye same cause

A ha

Tak onyonis pell and ſchor ȝame small strip ȝame in clar watter ane nycht
and on ye morne drink ye watter mȝt ye hart and it fall dryue away ye wormis

A ha

Tak sorrell stampit and strepit in ale and drokin expellis wormes out of ye stomak

A ha

Mak poudor of ye leaffis of mallzeby seith it in hony and tak it is gnid for
ye same

A ha

Tak wermett rute and lobage, seith ȝame in ale and drink it fast in ye morning
and it fall destroy ye wormis

To tak Rasingis fastand wt out ony oyr meitt will stanyis and alcoyd wormes in
childrene

Of ye stane and grauell in ye bledder and reynis.

Medus or mixture be ye latyne wordis, in grekis it is named hydria in englis
it is named pisthing, and yis is no ane infirmitie ȝat

To tak.

Sum can not hold yr watter
Sum cannot pisse nor mak watter
Sum dois pisse blaid
Sum in ye pisthing dois avoyd sand and fillȝ matter
Sum dois avoyd grauell and sum stanis.

Ane sum in

And sum myt pistlyng it dos burne myn out passyng, and yat alsweill in woman as in man

Litheasis is grabe, calculus is vesica In latyne is ye stane myn ye bladder
The sand or graboll is gritte

Nephresis Is ye stane in ye Reyns of ye hab ind ye sand or graboll is fond yellow
The generall causs of yis infirmitis comys eyther naturallie or accidentlie.

If they cum be nature of ye parentis fore pfitiand can helpit they may weill prolong or mitigate ye pane for a tyme.

Bot if it cum accidentlie It may be helpit as salbe declarit.

And it may cum throw sitting of focall ind bistous mailtis and drinkis as thick ind drumly ail or beare or by sitting of maittis yat be rosted ind dryed in ye smoike as baikone, salt beif, ind herng, salt maittis, acild lard strang cheis ind sic lyke.

Strangiria. Of yis disead yt is ane manar

First gutte ye sark man pistlis drop ind drop and is a distillatiun or dropping eisy of ane manis watter in ane lous ind gritt pane ind burning in ye out passing or yat he can not hald his watter bot ane ye bladder his lost or tynt his bertue retentiue Or yat ye wryne is so frabile ingyrobat yat no man may Indure nor suffer it in ye bladder, bot Issueis ind passis out continuallie Or ane ye neck of ye bladder is perced or pistlit, ind alssoone as ye cumis ane drop of wryne, it smartis ind burnis in sic maner yat it man on force Isse And yis disead is namit ye stangnis or strangullion.

And it may cum of opilatiun in ye neck of ye bladder throw ye stone or sum apostomond Lumor or of sum bleraitiun in ye bladder or roynis of ye bak Or yat accidentis of sharpnes of ye watter, or of ane inskill leitter cauld of ye kidnis or bladder.

Disseria ye greke word This disead is gyen ane pistlis in gritt pane, difficultas mingendi, in latyne or gyen ane man can not weill mak watter

The cans of yis infirmitie may cum sindrie ways, sumtyme it may cum be ye collyk, or of ye stone or graboll, stopping ye conditis of ye wryne, Or ane apostome or lump of fleschis may be ingenerit or grow in ye neck of ye bladder or condyt of ye wryne.

Or it may cum of congelatiun of blud or matter yat may stop ye conditis of ye wryne, or of long holding or restreining of watter langer nor appetyte sayis.
Or be gross Lumors yat stoppis ye condyt or of febilnes of ye neck of ye bladder yat can not put furth ye wryne And yis disead is named Disseria.

Strangiria.

Ane mat pistlyng is namit in latyne Assiduo Remedy is ye ane man dois pistlis ofter nor ordour of nature, wald haue

The cans of yis infirmitie of wakines of ye Reyns of ye back ind secreit membris of man or woman Or it may cum of gritt of ye roynis ind ye bak, or throw excessiue vse of venus or of gritt labour. If it cum of wakines of ye reins, precious membris, vse restoratiues maittis, salt in ye mornyng tua or thre soft rosted eggis ind put in yame ye pouder of rod nettills ind sucour.

And if it cum

And if it cum of lytt of ye back mouyt ye bak wt oyle of Nemiphar called ye lottely, or wt ye oyle or wt of poes or sic wyk cold thyngis.

Nota

For stoppyng of ye weyne mak hue possit of gujete wyne and milk, tak ye clere wigg yof and steip yem a littill gujete sup, boyle it and drynk it als warme as ye can lit gnid.

Regyment

First lett ewery man and woman be war of long holdyng or restreynyng of ye batter, or zit of ye ygestiom. bot lett ye body be disburdent of yat yat nature wald expell.

And above all thyngis be war of costiues and mesell dyatt.

For all auther dois affirme ye stane to cum and be engendred for ressone of ye gratt lytt yat is about ye reynis, strantnes of ye condythis, and of abundo of ye gross and stycke fleume, or of brunt collor yat be ye sad excess of lytt is ad it wer baikin and dryed ad ely in ye fornace and so at ye last becumis ane hard stane

Therfor it is chefly to be notit that wt out amendyng of ye forsaid causs all yat mouis or wyrk to brak ye stane is allss unprofitt to ye patient or ellis of small effect, for yat it is, wery necessew to kep ane sober dyatt.

And for ye better vnderstandyng ye sall witt yat all wynes yhidder they be sharpe or scowrit, gross or subtile, yellow or red, ar wyk cust not to be vsed also pes, beanis, and sic wyk, all rude and gross flesche, and water fowllis, cranis, scannis, and sic gratt fowllis ar not holesome. Datt no fruitis except ryppe ploumis in small quantitis, and pomegarnattis and corrianderis.

Of herbis vse borrage, persell, lettis, spynage, myntis, scorzy, sodden wt a broall or cholm, potted wyrt wt a littill vynegr or vince is gud

Not mony wyrt berbar of auld strong lard chis, for yat is oftymes ye mory only cans of ye sad stane All scharp fischis ar to be aboyded and ye sall tak gud heid yat ye eitt no pepper nor hott spicis, nor na meitt yat be salt, sowr nor heabis of digestiom. And ly not on ye bak quhen ye slep.

And ye sall kep ye reynis cold and moyst and oftymes vse to tak a littill cassia vpon ane knyffis point to kep ye belly loud yat my cais is maist effectiw regyment

And above all thyngis ye patient must be purged and nurischet wt sic thyngis as do open ye pypis and reynis and change stynk Emmoys and probatik wateris wyrk and medicines sall not profitt nor auaill

Nota

It is writtin yat yis tabis vaoris day. Ane dragmis of new cassia mot hes hart before meitt sall neuer tak ye gravell.

yis ye stane

Remedies

If the stone be grett and hard, make powder of snailles and gif him in his drinke It is a singular experiment.

Alia

Take ye stone yat is fund growand in ye feild of ye taild, bray it in powder and gif ye pa-tient to drink yt is warme wyne, and it garris him pisse ye stone in contiment.

Alia

If ye doubt quidder ye stone be in ye bladder or not, Seith clene in neit in watter, make ane plaister yrof, and bind it to ye navill and schearis about ye nombe warme and if ye pine incress it is in ye bladder, and if it incress not it is in ye Reynis.

Alia

Take seven seeds of garlike and seith yame in watter a gryte space and gif ye stone watter to ye patient to drink thre dayes It is ane approved medicine for ye stone.

Alia

Ye leaffis of Cunila campana, seedon in wyne, make ane plaister yrof and lay it warm to ye schorr beane it is ane gritt help for yame yat for pine of ye stone be ast ther in ane frenesie.

Alia

Ye berreis of solinastrie gyson ther ar grene stampit drokin in wyne or ail is a so-uerane remedie for ye stone

Alia

ane gud poulder.

Take ye kernellis yat ar in ye stanis dry yame on ane tyld stane, and mak poulder yrof bot selff ane tak ye weittis of Alga, porcell, parietary, and sollisokis of ilkane alyke sett yame all in gryte to wyne or in ye broth of ane chekin, streyne it in ane clene vessell and gyve ye pacient drink of it putt ye allmaner of ye said poulder in ye tyme gud half ane stonefull or meir for butt doubt it sall gritt effect in bring-ing out of ye grabell

Alia

Take seidis of small ache, reall parsnort, weittis of phillipendula, cherry stanis grosell seid and broome seid Labuge seidis of ilkane alyke quantitie, mak yame all in fyne poulder and gif ye be desyrus to ye stane putt of yis poulder in ye pot-tage or in broth of ane hennis chekin ane stonefull at anis and eatt na ma thing ye space of twa houris yrefter and use yis in ane singular gud regiment for ye grabell

Alia

If ane man is, it man be inquyrit at ye blood of ane fox it will breik ye stane in sum mater quhair in ane for experience yrof putt ony stane in ye said blood and lett it stand yis thre dayes and it will breik ye stane.

Alia

Take wyne berreis of ye Hie stane and stop yame in wyne or watter and gif ye patient to drink and it purges ye grabell and provokis urine.

Alia

Ye hagg stane of ane ram putt in drink and gif him to ye patient fasting it brekis ye stane and provokis uryne mekle.

Nota

If ye stane can be no meanis be brokin putt ane spoutt of brass softlie thrae ye cundyt of ye yaird till it tuich ye stane and pmeis it till ye turne it out of ye place and be settled in sum ma place of ye bladder and yat it may remane sonthe thare in out dinger

Alia

Ye flour stanis blanscht and maid in poulder and drokin in wyne or ail is gud for stanigrene dissinrie and for ye stane

tak ane dradme

Also tria Drammes of ponder of bromesed and sodden in wald gnyte wyne and drobon fasting purges ye grawell of ye reynis assuages hett or stoppyng of ye reynis and pipis of ye rombe.

Also

Also barreis oyll in reynis for ye grawell for they prouoik weyne and cauis hard ofit to mak watter

Also

Also assuobill wirreyis wo ane man may drenk putt ynto twa sponefull of fyne powder of bromesed stour it weill togidder, drenk it fastand and neir and gang yr eftir ane gude space and godwillyng it sall cans ye watter cum vasilie.

Also

Ye roist of ye dobbes stampit and sodden in wyne and oyle and maid in plaister and applyit to ye schoare beane it prouokis abundantlie.

Sum bis tyme wythout ye wyne

Also

Ye roist of ane Lark maks ane plaister ylk maid lyk ye schoare beane it soukis all gruef of ye bladder and reynis.

Also

Ye downg of ane ox temperit wt hony and applyit to ye schoare bane is gude for ye strangury dissury and brokil ye stone

Also

Gammonyis sodden in wyne or watter and drobon eftymes is gude for strangury and dissury also.

Also

Ye semper barreis sodden in wyne and drobon is gude for ye stone.

Also

Salt cummyn in wyne maks ane plaister ylk maid lyk ye schoare bane is gude for ye same

Also

Cattis stampit and stepit in wyne and drobon helpis guthis bayth strangury and dissury

Also

Oyst symbill sodden in wyne or ail and drobon or sodden in oyle or wyne and layd to ye schoare bane is gude for ye strangury and dissury.

Also

Rew sodden in wyne and oyle or in watter and applyit to ye schoare bane is gude for ye same

Also

Caress sodden in watter and applyit to ye schoare bane or sitt in ye decoction ylk applyit to ye nakill is gude for ye confremit stane

Tak Lobbis wort bishopis wrin and pessee wrin of ebrio ane lik quantite being wele washin and ye nawpis and ye rute sklit in thrie in ane gnall of wheyt weycht Less then ane pynt And being stampit throw ane cloth and maid hait nocht sched drink of Morning and evening ane gude draucht; And mak sum morsels ane lyttle sowp lyk

Of ye Reynis and bak.

Ane of ye reynis is called Nefratica passio and it comis of sum stone or grawell and it is most lyke to ye collyke passio bot nocht so ill to ken contrarie

For ye collyke begynis at ye nedder gut on ye richt syde and goes vpriard bayth ye lyver gall on ye left syde of ye bally, and it lyes mair fordwart nor bakwart

Bot Nefratica passio is contrarie wayis for it begynis abone discendyng downward and nocht mair lyke towards ye bak Also Nefratica is most panefull afore nicht and ye collyke is maist panefull after nicht.

The collyke ostymed

The Collyke ostymed ellnced suddenlie, bot nopthatica contrarie, for comonlie it comes by litill and litill, and wer before, and fall fell pine in ye bak wt difficultie of wryne. And yit yr is mor difference ffor in ye collyke ye wryne is als it wer colloryd Bot nopthatica in ye begynnyng ye wryne is clere and ryplye lyke watter and efter it waxis thick and ryn appond into boddim of ye vescell lyke reid sand or graboll. Collica passio is unstable, for it ellnges oftymes & ay, fra ane syde to ane myd Bot nopthatica is allway stedfast and ye pine wer in ane place to witt in ye bak and roynis.

And if yatt be ye cause ye wryne is sa colloryd wt yatt pine and prickling
And if ye cause be ye cause ye wryne is Rad and ye pane not sa yatt.

Nota yat of flegmatick humors in ye roynis and bledder comis ye stane, in yonger men namelie in ye roynis, and in eldrone in ye bledder
ffor in eldrone ye neck of ye bledder is streitt and lettis ye passage of ye matter and so ye stone is bred and ye wrat.

And alsso in eldrone ye wryne is thick because thay ar nocherischid upon milk and must flegme meattis and ye for ostymis ye stone bredis in eldrone
And ye sall knaw if ye stane or matter be in ye roynis be stoping of ye sitt or leg on ye left syde And if it be in ye bledder ye dolour and pine salbe about ye schaw haw and in ye ra and betuix ye tua gemtonis and in ye hoill at ye rug haris end.
The graboll yat comis of ye roynis is reid.
And if it com of ye bledder it is quhyte.
The stone yat is bred of flegme is easilie dissolvid and brocht out.
Bot if it be bred of graboll it is hard to dissolve and brok.

Nota

The flouris of broome sodden in mort and drosen probatis wryne, purgis ye bledder and roynis and hindris ye graboll to gro in confirmit stane.
Sa ffrage watter stillid is gnid

Regiment

Thay yat have ye veill sald be purgid in yis maner.
Thay sald be ostymed bathid in hott bathis yat dissolve and open and thay sald be fed wt meattis yat be clene, lycht and easie of digestioun and confortid wt medicines yat dissolve open and clenge And thay sald be occupyit in sum bissines and not idill And thay sald seik remedie gif thay ar eldrone or ye ourgrone men, for in ye cutting is ye stone, for efter ye stone yis veill is incurabill And it is said in the proverbe that efter ye feyrd ye yat hes yis veill is not sacrid And it is ye practik of ye time yat lattis ye stone to be all way thrastis and may nocht be gott watter mengit & drunk is sayis constantine. And yfor is thay drink ye watter, sa thay purifyit, and above all thingis ye dyett sald be kengeat.
The Regiment and dyett yat is to be obsit but in yis cans is written before in ye cure of ye collyke.

In yis disease

Remedies.

In this Disease before all things ye must vse things apperatiue to cause hud probork thoes to make watter oft, and to keip ye belly loud In taking the vnce of cassia vne zone before meitt and if ye bellie be hard boordin to take vne clyster.

An clyster.

Take beeres milk and ye zolkis of tua eggis and make vne clyster yrof and vse it And it is to be remembrit That all clysteris giffin for ye disease sulo be yitt magnitutie or ellis they will make thraw ing and rumbling in ye bellie & sulo be occasione of mair pane

ffor pane in ye ffundis or back Take aborenzie and dry it in vne pan pitt it in vne fudring poik and lay it hott to ye ffundis.

A ta

ffor norbing and pane in ye back Take mugwort haytk crope and zeitt, stamp it wt aeild sayne seame or horsecroistie, temze it wt salt and make vne plaister yrof and lay to ye back.

Or ye stoabing of ane barbit hyde Litt it wt a littill broken croistie, make vne plaistor yrof and lay to ye sair is gnid for ye same.

A ta

Lugwt bruslit in ane pan and brayed and soddon in seeitt milk wt ye broly of ane gall peroistie and maid in plaistor and applyt to ye back or flankis yat norbis is gnid.

A ta

Doony and milk aly be gruntie soddon togidder in ane nocis layne pott till it be thick is oyntment and layd vpon vne clayth and applyt to ye loyne narne is may be sustred is gnid for pane in ye loynis.

A ta

Mugwort ye crope and zeitt stampit wt sayne seame or horseeroistie temzed wt salt and maid in plaister and laid to ye back is gnid for norbing in ye back.

A ta

The zeittis of ye ladin stampit wt bryntstane and bair croistie maid in plaister and applyt to ye loynes is a soueran remedy.

A ta

The leaffis of Lorbis dryed parydy, growing on walls all soddon in guhyte wyne and hony maid in plaister and applyt to ye stoare bane, probokis wryne.

A ta

Eg stanes dryed, maid in poudor and drobben wt wyne brokis ye stane.

For ane yat pisses blaid.

Take ambrois, Strangwmmary, percok sad of all ane ane handfull, stamp and temze yame wt gaitt milk or ewis milk and drink it oft it sall amend.

Or wods Rasis stampit in wyne or ale and drobben is gnid

Nota

If ye watter be stopped and haif na passage, take ane gnick louse and put in ye condyt of ye wind it sall cause ye watter to pas

A ta

Oyll peter or oyle of scorpions put in ye wind or inoynted probokis ane.

ffor ye stane in childrene.

The tender age in childrene is wonder wt many diseass hauing ye gall yrin for ye name so violent or more to be feared then ye gall is most dangerous in all kynd of ages and no Lyge and pitifull disease ouer ye nere nessing in ony age the more troubling to ye cure of physik and ye for is exceading dangerous when it fallis in childrene, ffor smobill yat nother ye bodeis of tyme may be well purged of ye matter wtoutout called Humor peccans Nor yet can abyde ony violent medicine Hauing power to brek it The rossyne of ye gall ye sand disease regyris sic a strenth above nature That in proces of tyme it is vtterlie incurabill.

Regyment

ffirst Lett ye norise be well dyetit or ye childe if it be of age, abstening fra all gross meattis and Lare of digestion as beif baksone salt meattis and chese

Then mak sine powder of ye rosit of tyome dryed and mingled wt ane meikill succour ~~and~~ hony, as sulde sufficient and gif yat to ye childe mor or les acord ing to ye strenth tayste in ye dug gif he sie ye wayne pas easilie.

Or ye may gif it in sine soft roisted egg for wt out dowbt it is a singular remedie in childrene, Probatum est.

Alia

Sowp gnid barly Cale mawis, Jolly yolke Jelly roottis, Sugar, pariotary frobing in ye ballis. saith altogidder in ye brosh of sine schelpis Eird and rose to bath ye childe ydm oftymis ffor it sall open ye straitnes of ye condythis yat ye stone may issue assenge ye pane and bring out ye grabell wt ye wayne.

Sine excellent plaister

Tak pariotary of ye wall sine portrom, and stampit dowbed doung sine wyt portrom and gryne it, fry yame barly in sine pan wt a gnid quantitie of fresche butter, mak sine plaister yof and ale yatt as it may be suffred ley it to ye belly and bak of ye childe and alle four houris nicht Lett it be remowit This is a speidie remedy in all maner of ages.

Sowp gnid powder.

Tak ye Lemmollis of stanis yat ar fundin in ye feildis callit operatis & mesyllis or of sum called madlaye, mak yame in fyne powder and gif ye thrid yof in his meitt or drink and it is wonderfull gnid to brak ye stane bayth in zomy and eldar.

In older ages.

Tak sine bubbil of thre winter eldis, gar him fast thre dayis fra meitt and drink yan gif him salt to eitt and gar him sitt it, syne gif him to drink als meikill gryis wyne as he may drink, then keip ye straitnes of him not ye first bot ye last and gif it to him yat drink yat he ye stane and it sall brak it.

Ye bloid of sine ee dryed and maid in powder and gyffin in drink is gnid for ye stane in ye reynis or bladder. Alia

Mugwort sodden in gryis wyne and droken ilk day brekis ye stane.

Alia

The beard or lunt of ye herbid yrin dryed in powder and gyffin to drink in gryis wyne causs ye grabell and small stand to cum out wt ye wayne. Alia

Rose gromell, and Keill stampit and droken in wyne causs sine to pisse well.

Alia

Wynde bottis stampit wt a littill wyne drawin and droken is gnid

pist[illegible] in ye bed

Pistyng in ye bed.

Mony tymes for debilitie of ye vertue retentiue of ye Reynis or bladder ye
werk moldmen ha in childrene ostymes ar moyed ayn ye wayne passyng at yer in
ye slepe or wallyng ayenst ye willes Lawes my no power to retenyr ayn it cumeth.
For ayll it is good for yame yat wald be holpyn in yis cace, ffirst to auoyde
all salt meatis till ye vertue retentiue be restored ayane, and yse yis powder
following in yis meatis and drynkis. Tak ye werlynd of ane cole, pluche it and
bryne it in powder and yse of yat powder in yis drynk tayse or thryse ilk
day
Or ye stanne of ane Eirthorne dryed and mand in powder and yssed ha sayd
is of ye same effect
Or ye Cloues of ane gyllofir brynt in powder and yssed is good for ye same.
And if ye patient be of age it is good to make syne plaistris of laid in hoylis
in yame and lay ostymes to ye nakit back.

Alia

Ane garter knee of ye powder of egrimony drunken in a littill wyne or yss-
ed in brothe is good

Alia

Or ye powder of ane Eirthorne brynt and myxt in egrimony and so yssed is good

Alia

The Braynis of ane Cat myxt in wyne and drunken causis ye patient to in hole his
watter

Alia

The longyis of ane hwd watter or bondis plaistir layis to ye stondare bayis and
ye nakill holpis ye distillacion of wryne.

Alia

Cloues brynt in powder and eattin of ye powder ilk day fastand in thy pottage
is good.

Alia

The cloues of ane Cayne brynt and ye powder yrof yssed in pottage is good for
pistyng in ye bed.

Alia

Ane mosse stane Roysted and mand in powder and yssed in drynkis thre dayis
holpis ye diseas.

Alia

The bladder of ane gait or of ane schep or of ane nolt dryed and mand in pow-
der and a littill yrof drunken in wynegyr or watter gayng to bed it will help ye same.

Off ye gütt in all placis

The pane of ye ioynte or lyethe in ane mane bodie is in ye armis, thyis,
lamis, and fute, ar gutta called Arthetis or gutt.
Arthetica is ane phisik word In Latyne it is named morbus articularis, and
in Inglis it is named ye werk gutt and it is generall a pane or passion of
ye ioynte or lyethe, for it will cum fra ane ioynt till ane vyr: The mater of ye
humor is sa subtele yat it will stroud and discend in ye ioynte and smyte and
ye pane will be sa bald mout yat it will breik ye skyn and yis is named ye werk
gutt.

And it procedis

And it procedy ſumtyme of debilitie of ye ſtomo^k being laſche and vn-
abill to conſume ye humo^rs yat continuallie doo ſtaa vnto yame.
And for ye maiſt pt they ar all deryued fra ye membr^e immediat yat is
ſayd ye Brayne, for it is verie groſs and engendrd abon humo^r in it ſelf. Bot
ſum pt^e of malice of ye ſaid humo^r are deryued vnto ye nūbr and muſcilis
of ye bak and ſra thyne thay diſtend to ye forth and yan it is called Lodagra.
Or to Hanche bone and yan it is called Ciatica
Or to ye Hands and yan it is called Chiragra.
Ffe cauſis of Collerike bloid and flewmatike humo^r and maiſt of Reumatike
cauſis

Hereby ſall ye Cauſis.

Ff it cumis of bloid It is Cauſit be reaſon of ye place and pt grit ſtrit and
ſcarſitie in ye vayns of ye ſaid place and mair in all ye body before and maiſt
be age and Region lykis for it moſtis maiſt multiplyis.
Ff collerike humo^r be ye cauſe it is Cauſit be ſtrange ardit vehemency and ſur-
mid and be drawing togidder and dryne of ye ſtomo^k pt grit ſtrit and ſcarſe in
ye place and ye ſaid place ſmittyn and colloured mingled pt yellow and ſcarlang
and yis mo^r maiſt in ſommer. And oftymis alſo ſum mony cathrik humo^r
aboydis be ſpewing and lykis yis vomer.
Ff flewme be ye cauſe Ffe is Cauſit be Eſpeciall of ſtrang pt pane and
ſcarſitie in ye place and pt littil reaſon or mane.
And Ff it cum of Reumatik cauſe Ffe is Cauſit be ye abone of ye hird
be moving of humo^r, tryllyng and ſhortning in ye bane about ye ſchulder and
yis ardit is warſt of all, ffor it drawis togidder and makis ye ſtomo^k of ye
ſtmgard and of ye taid of ye ſaid p ſchrynkis and creip togidder, And tryis pt
and maiſtri ye ſubſtantiall humor in ye Hands and makis yame dry and ſtrynyt
togidder ſua yat thay may ſchantlie be oponit and makis ye Joynis and ſmgrad
vnſemlie pt knottie lumpis

And yis may be ſene entrid and healed at ye beginning for ye matter yat is
ye cauſe ſhall muſt be purgid pt conſonabill medicine. Bot gif it vid be
namelie gif on it is truſtid to Knottie Laid vis it is vnabill to be curid.

Regiment

Firſt be ware of contagious meattis and drembid As vas ull, vas hair, and
hyne, vas ſalt bacone braid, eillis, ſalmond, dog fiſche, ſwyne beif, watter
fowllis, geiſs, dukis and ſic lyke, Be not coſtyve bot laid ye bellie lax,
vſe gentill purgatiuis, be ware of eyet and lait drembing, Keip weill ye ſaid
fra tabing colde, ſtreing or rydmy weattſchod, abſtem fra grit repleſion of mait
or dremb and ſpleis fra all boiſterous actis. Purgis firſt ye body pt in be-
tabing of purgatiuis ſone tymis in ye yeir, for except ye bodie be purgid pt
in all outwart applicatiuis availis littill. Obſerue and gird eyet ſuchyn-
ing towart drynk, ſleip not ſchortlie after meitt, dremb not mekill after ſup-
per, Dremb not mekill ſtarke vnwyſe except it be weill met pt watter.

Vota ſorbi maiſt

Nota

Quarbis maist speciall to bathe, fomont, or mak oyntmonto for ye gutt.

Wallwort // Lord nettill,
Swm lobe // Westcarb,
Consbane // Mugwort,
Solly lobe // Lobage,
Centre of Gemp // Abosbmd,
Clobe zuis.

Remedies

The Sciatick in ye Lucht sumtyme may cum of Lard lyng on ye Gibbis bane or lyng upon ye earth or upon ane frome and sickly be Lard lyis, or it may cum of ane straik or gutt fall

And it will ryn fra ye Gibbis bone to ye bune and fra ye bune to ye Gimbleis and fra ye Gimblar to ye Littill taa and yan it is past cure.

And yat gilyis yis gutt will Lame restoreth ye reyme of ye bak and to ye stanchis

Podagra The gutt in ye fott, Lappis maist comonlie to ane yat birthis easilie and travellis not and tak na purgatorye to clenge ye bodie of sic stuffis of humo, and namelie if they sitt and dewll mobill for yat bredis traonal gl dropis dom to ye fott.

And it comis also of ye excessive Stanis of bonis, for yat stanchis and mo= ves all ye ioynings of ye body als sayis Constantine. And yfor it Lappis yat yolder men nober Lubo yis disab, becaus ther Sæd not bonis, nor tyderyis children nor yit women becaus they Lubo bene purgid nt monstrall bludis.

Tak oyle of Rosis, cruds of gilyit bred, yolkis of eggis, doggis milk, nt a littill safferon, Salt altogidder a littill al ye wald meal ane pudding, spred it up= on clouttis and lay it to ye sair and it is gud for ye gutt in ye fingeris called Chi= ragra

Ane

Ane singular oyntment for ye same purpois. Tak fyve or sex Lundfull of wallwort, stilk yame well in wyne, yin streyn yime and nt a littill oyle of spyke and aquabite mak ane oyntment gent ye sall mayst ye sair place mor mayg and ebenig observe dm.

Tak ane salt gryse, pluck and dicht for al if ye sald be salt, yan stiff ye bellie nt trie or fyve young cattis weill choppit in small gobbettis nt ane Lundfull of Bay salt, soe yat ye appe agane yat nathing fall out, and putt yat appon ane speitt at ane small fyre to roist, And kep ye dropping ylof for ane protrone oyntment for all kyndis of gutte or mydis diseasis of ye reynis

Ane

For ye gutt appropriat in all cans, Clocis dounge tane fott fra ye clocis, and soddon in sweit milk till it be thick, mak ane plaister ylof and lay to ye sair als fott as may be suffred it gud to assuage ye pane

Ane

Also yolkis of eggis, rosin and mill lunget and safferon, all soddon togidder and maid in plaister and appluit fott assuagis all diseasis of ye gutt.

Ane. Ital my wife

Tak one Reid kaill blind and Lay it to the place affected when the pane is or whe ways wt out the pane rise it is gude against the gut

Take yor yonge olde Lard strong ale & cutt it small, and salt it wt broth of the galmond of babion, stampe it wt a littell of ye said broth, make the plaster thof and apply it hott to ye. sore, is the singular remedie for all disease of ye gutt and was first practised be galen ye prince of all physitians

Alia

Tyle of turpentyne mixt wt aquabite, and make ointment, anoynt ye sore place yrwt oftymes before ye fyre is the chief remedie

Ane sear cloth made of tyle of vpon ladder and applyt is good for ye same purpos

Alia

Seeth Emmlocks walwort watter and yrwt fomont bath and plaister ye sore, it is exceding good for ye gutt in all places of probatum est

Alia

Take ye said of Emmlocks sodden in watter stampit in plaister and applyt hott to ye sore gutt is good for podagra

Alia.

Take roott of altea sodden in soapye stampt in and in plaister and applyt to ye sore heales podagra in ther dayes.

Alia

For swollen gutt stamp onyons and lay vpon ye swelling it is a good remedy

Or mix ye Jus of onyons wt hennis creesse in maner of oyntment and yrwt anoynt ye sore is good.

Alia

Seeth walwort both crope and roott in salt watter and fomont and bath ye sore yrwt or make ane plaister thof and apply hott to ye sore is good for all kynde of guttis

Alia

Take ye roottis of headis of henbane stampe them greene, make ane plaister thof and lay to ye sore gutt, bynd it fast and it assuages ye pane thof shortlie and possithe wtin lowslie.

Alia

Take oyle peter and anoynt ye sore yrwt and it helpis gutlie for all maner of guttis

For podagra and swelling in ye gutt, stamp ye roottis of wodnettill wt vinegar make ane plaister thof and lay to ye sore and it assuages ye pane and swelling of ye gutt and knude

Alia

Take ye tuo kynde of snaills gadderit in may, stamp and fry them in ane pan put ye nut thof, and keep it as ane pretious oyntment for all kynde of guttis and ivil diseases in ye joynts

Alia, for ye Cratch.

Take Hurts dongue temper it wt barme tyme make ane plaister and apply it hott it heales ye cratch thocht it be past remedie.

Alia

Slay ane young whelp of ane dayes older and tak ye bleid thof anoynt ye sore place is verie good.

Alia

Take blak pepper ane quantitie, bray it and lay it to ye sore place and it warmes ye joynts and sinnous so that it is nothing better.

Alia.

Note to them that lacke ye Cratch. It is better eate gut eate of colde nor gotten it eate of hott

and bleid nothing is Inhibit.

Alia

Walwarts sodden in strong washe and plaister it verie hott is good.

Alia.

mustard seed

Mustard sid soddon m̃ gryndyn wyne stampit and maid m plaistor as mary gmd.

Alia

Buttir bongis soddon m̃ gryndyn wyne stampit and maid m plaistor and layd to ye sair als hott as may be suffrid, thys ye alle day of ane quart of hys mylk sall remond ye same for ever

Passio Ethica.

That is fra ye schulderis down ye armes and yat gt is gmd for crabbis is also gmde for it

Galon sayis yat to yame, continuus Labor est optima medicina, propter bonum membrorum, q̃ deficiunti bene membra curruntur.

Alia

Wolffis stampit and soddon m butter and applyt hott to ye sair is gmd.

Alia

If pine be in ye hand take rew and lebayis, stamp yame wt hony and salt, mak ane plaister ythof and ley warmeth ye sair wt ane cleyth bound about fourfald and it sall hele ye pine

Alia

For wormis in ye fott and schankis take roittis of walwort, skith yame in watir perll wesh ye uttermost rynd, stamp ye hart wt yall crosiflye, mak ane plaister ythof and ley hott to ye sair and it sall heile it.

Nota

Ythe of Spermeon is singular gmd for yatt in ye lunge or bone Probatid est

Chirurgis ar gmd.

To confort ye Joynttis and sennois thir chirurgis ar gmd to anoynt ye saire wt ane of yame twa or all.

Ythe of Camomyle.
Ythe of hollyoke, maris
Ythe of mose
Ythe of watir cressis
Ythe of pennerose
Ythe of turbentyne
Ythe of peter
Ythe of knois
Ythe of Spermeon

To croppis of mugwort stampit wt scoyne saime and applyt it is gmd for swmak in ye fott.

The marck of ane Horse nek ley nycht wt mair butter anoynt ye sair place is sinular gmd

To brek ye sknyn

Tak soft sayp and vnsklokend lyme alyke quantitie tempe yame togidder and ley vpon ye hyde q̃r ye wald lake it brokin and it sall blister and brek ye sknyn but ony pine

Alia

Tak ye hoarde called tyme, burnis it in powder and mix ye asse ythof wt ye quhyt of ane ey, mak ane plaistor ythof and ley to ye place and it brek ye gutt and draws out ye lyme

Alia

Tak sayp and aquavite tempit togidder and ley to will blister ye sknyn.

Alia

Tak spurwort, stamp it and ley ane cobill or wallnit schell ythe to yald and bind it fayr to q̃r place ye bill it sall brek ye sknyn. lett it ly xl or xx houre that and ye sknyn sall be broken. Lett ye matter out of ye blister in a preme and ley ane bre or cauld leaf ythe probatum est.

if ye sknyn be

If ye ſcbm be bliſtered and broken to heale it agane, worke and lyghtly claryfy
ſcorte mille and lay yt.

Pepper and muſtard ſeid bruyſed and laid to outwards will bliſter ye ſcbin.

Hore garlike and honſlecke alyke quantitie ſtampt and laid to ye gutty place will
helpe to eaſe ye paine gutte.

Alia

Take ine rose Lyme pott, full of quycke lyme and oyle, ſtampe and mixte and putt
yrin, Setfe yime worke and lye on ye ſaire place als hott as may be ſuffred it ſhuld
for ye gutt in all places.

Alia

The holke of ane egg tempert wt ſtone of ynyon and applyt to ye ſaire ſhuld.

Alia

Rose ſalt Lome ſtampt and tempert togidder, and applyt hott as plaiſter it ſhuld
for ſcabben ſcitt or bnrd.

Alia

The treitis of hemp ſodden in watter and ye Lindy of ſcitt waſchin yrin wt ſoe pikit ye
tais or fingers nat ar cropin togidder.

Alia

The creiſſis yat is ſtryed out of ye ſpotted of ſoeteris Ledder, Layd upon grey
paper and applyt hott to ye ſaire it ſhuld for ye gutt. Probatum eſt

The crump.

Spaſmos or ſpaſmus is ye greke and barbarus worde, in latine it is called
convulſio or contractio nerborum and in ingliſ it is named ye crumpe, qlk is ane
attractioun or drawing togidder of ye ſormond and ſum ſayis ſone lyndy yat is nitt
The ſyſtis is named Opiſtotonod and yat is qn ye hid is drawin ~~bak~~
~~and ye mouth is drawen nane~~ bombard towaird ye breiſt.
The ſecund is named Ept nos and yat is qn ye foirhid and all ye hail body is
drawen ſo vehementlie togidder yat ye bodie is immoveabill
The thrid is Opiſthotonod and yat is qn ye hid is drawen bakwaird and ye mouth
is drawen nane towaird ye navil
The fourth is named aſpaſmos the qlk dois draw ye ſormond nane ſtraitt and
ſuddanlie togidder in ye foirt and leggis.
The cauſe of yis infirmitie dois cum ither of ane mobill vehementnes, ſpring
of the humour aſtrict and full ſtomake or of ane Lack of blud and natiue, and it may
cum after ane gutt and Long ſeikneſs drie ſoir gutt replete wt drie ſoure
gutt abſtinence. Sumtymes of ane gutt colde in it ſelfe and in time gutt and hard
and lippid watter ſo cauſis yat they may ſchunthe ſtreik and ſtreik out ye fingers
for vehemence cauſit.

And yat ſchrynkyng or crump yat comes throch colde is helpit wt hait and
rubbing and wt ye medicine

Bot loik ye patient be ware yat he put him not over ſudanlie to ane gutt hait
for throch ſuddane alteratioun of ane gutt cauſis gutt hait and ſtrekyng out of ye
cauſis to ye watter hid of ye ſormond comis oftymes gutt wearyng and pane
And ane fulle ye crump comis of gutt drynes of bodie and wanting of ſubſtan-
tiall moyſture, qlk cauſis ye ſormond to ſchrynk and clyng togidder as ye ſtomak
puttis in ye ſyde. All ſick crumpis ar deidlie if they indure and yfore it is ſud
in Aſſay of the crump yat is collerik is mortall In ye beginning the hait mille
of ane woman helpis this crump if it be put yrto warme And if it be layd all
about upon ye breaſtis of ye child and upon ye right hand and neck and ye taillis
of ye ſormond

Hait watter and oyle meitt wolk yim and lay upon ye place of ſormond and hand
yis helpis

The crump yat

The crampe yat comes of Replotrom, ſalbe oftymes to fatt men and ſleſhy
werk ſod gorrelled and comes of ſtoading and ſprodung of ye ſormond And is
mare eaſily helpin nor ſott ayntmentis and bathis and norſing and lacatiues is con
ſtantlie teachit

And if ſeaued cum upon ye ſeiknes it is ye beſt remedie and eſſeit it
is ſald nocht appeir eſt ſeaued coming upon ye crampe helpis ye ſamyll Bot myd
crampe is no eſſyte cure q" it comes of abſtinence.

Remedie.

If ye crampe comes of colde Cauſe anoynt ye ſair place wt oyllis of caſtry
and oyle of hillaris.

And if it cum of ſott cauſe anoynt ye ſemonds wt oyle of watter lillaris and mallois
and Roiſe

And if it cum of hytt ayld the oyle of caſtry and ſupſarbonum and of paretary con-
ſoud togidder and anoynt ye place q" ye crampis or ye place nyt adiacent.

If ye diſeas be in childrene cumyng of debilitie of ye nerwis and cordis or of gryſ
limmers yat ſuffocat ye ſame. The cure of yis is declairit be hat ſoir to be
done be fricatioun and rubbing And ayntmentis yat confort ye ſemonds and
diſſolue ye matter As oyle of flouris de lyce wt a littill anyſe ſuffrone and
ye roittis of pyony.

De ollis edmonyis ſenegrebe mallicott, or thir ſoarbis ſodden and ye place
bathit wt ye decoctioun yof

Or ye crampe tak kaa and ſtamp it weill, mix it wt freſche butter, putt it in
ane cloiſ veſſell and ſett it ſtand in dryd weill coverid. Syn boyle it on ye
fyre and draw it throch ane draught cloith ſyne putt yat in ane Cucurbit Syn
bourge all weill and ſtemm it weill putt it in baiſtis and q" ane hait anoynt
ye ſair wyt and it dois q" id.

Alia.

The creiſſis of ane ſoe is gud to anoynt ye crampe wt

Alia.

Seeth pibe and ſalt armony abe molten togidder, mak ane plaiſter and ly
it upon ane cloyth and apply to ye ſair it is ane ſingular help ſor ymo yat Leave
ye crampe.

Alia

Or anoynt ye ſair place wt aquabitæ or watt ane lyttill cloyth myd ſame
and ly to ye place is gud.

Gif any have ane custume to tak the crampe in the leg or thigh, Let him
tak the ſkin of ane freſch Eill and ly it raw about his leg at the
gairtour nerreſt the ſkin, bind ane lining cloth abuve it, and weir it
night and day quhill the ſkin grow dry wt it conſume or be ſore dryit
Thareiſter tak ane vther ſkin and uſe it ſicklyk It is ſoverane.

illeny or gralony

Ribbing or gnabing.

For gnabing or ribbing in ony pt of ye body, armes or leggis Tak strong wastell of ye man and setyt hir gallone in to huppyt, sithin hir purifyit well Tak put yrto hir gnid quantite of cumyne beyrd, fynly sorth altogidder and gnit it sott as may be thrillid, inoynt ye sair place yrof. Ilk yis and it sall dor gnid.

Or tak all sodden in trillit to thick as oyntment and applyt warme to ye sair is sugnitar gnid for all ribbing sairis.

Gnabito butter and ye gall of ony beist ilk like quantite mict togidder and inoyntid sott ower ye mene hid evenly & dayis is gnid for ye same.

Of mamis pedis membris.

Ye vrga birdis is ye latine word in Inglis it is namid ye mamis hand. Or elis is ye membir conjunit and knit of sennois bynnis and arteris And ye sennois dois procid from ye hoche & elis is ye marche of ye bak.

The erection of ye wand dois procid and cum from ye arteris of ye hart and ye lord The bynnis dois procid from ye lebis And ye lacertis or ligamentis dois procid out and from ye thrid

The Sorde or thing of man may Lattir many impedimentis abstracit in ye condyt of ye wand Contrar vndir ye lord of ye wand and ye cause yof may cum diuersly nayis to wit

If it cum internally wit in ye condyt of ye wand it dois cum of ane hett collerik humor Or elis of sum humor ingenerid in ye bladdir or in ye reynis of ye bak

Or it may cum of ane vehill disposid thoucht that is ather filthy or elis pretending to dor ane mene disclosure.

Or if it cum eternallie that is if ye impedimont be vndir or upon ye lord of ye wand bot nocht ye sekyn and ye lord yof ather it dois cum of hett of ye body or is vthir mobill mirdling wit thoucht and spirit if sic be mensteris pobbis or leprous.

First if yis impedimont be of ane medicin
Drink oft ane gnid quantite of ye watter distillit of Lelis and fniel or stont in ye condyt of ye wand watter and camphir.
And if yis impedimont be betuix ye sekyn and lord of ye wand ye sall haistely ye same of tymes vt gusyte reyne and stroc yrupon of ane auld mustane tell in trie or ony sic sicatrice medicine.

For sekyng of

ffor scaldyng of ye pintill, Burne lyndyng clayth in poudor and lay ye poudor ypon it scaled warll.

Or tak ye leaffis of violard seth tyme in watter and wasshe it ywyt and mak and plaistor of ye leaffis and lay to ye same.

alia

ffor bollyng of ye wand in wynter tyme Tak ye ms of acke and sallidone wt hony and flour of gysott, mak ane plaistor yrof, and apply to ye sair and it assuagis ye sckame and scalds ye canker

Or washe ye canker wt stark ysete wyne and strew ypon poudor of alme brayed and gar ye patient abstene fra fischis ormonis garlik and ale ihe strong and sinnowl flyngis.

alia

Iff yd be gratt scalding in ye wand Tak dry fuggis and flour of gysott and temp yame wt yrb oliveo and lay to ye sair in maner of plaistor

alia

If ye wand be scaldon gratt and sair Tak wormett seth it in wyne temp it wt hony and lay to in maner of plaistor it dois away all scalding and sairnes

alia

Wash ye sair pintill oftymis wt hott lowyr, and dry it wt ane soft lynning clayth then strew ypon ye poudor of nutgallis brayd. do yis sindrie tymis in ane day and it scalds warll.

alia.

Tak ye eyebrim moist yat growis on ye watter, stamp it and mak ane plaistor yrof and lay to and it scald canker of ye pyntill.

alia

Eggis of wyne and fuget temp it togidder and maid in maner of plaistor and applyt dois away all sckame of ye pintill Probatum est

alia

ffor scaldyng of ye pyntill Tak fuget and mackid. seth yame in watter mak ane plaistor yrof and lay to.

Or fuget mackid sod coe milk and scherp creyme, stamp and seth yame togidder mak ane plaistor yrof and lay to ye sair is yand for ye same

Tak snaillis stampit and layd to in maner of plaistor it sindrie tymis is yand.

alia

Mak ane plaistor of yolkis of eggis and farbis temp it togidder and applyt is yand for ye scaldyng of ye pintill yis it till ye be sark.

alia

ffor sairnes in ye wand Tak mawis rydd and tame stamp and temp yame wt sayne soame, draw it throch ane clayth and mak ane plaistor and apply and moynt ye wand wt ane fedder

Ye ballokis or

The Ballobis or stonis of generatiom.

Didymus is called ye tua littill stonnes yat dois compass ye stonis and baldis yame lyingis togidder.

And thrist yame certane veynes and arteris dois pass by ye yat ye seid of man is conducted and conboyed to ye rute of man.

Cronicsteres is ye greke or barbarus word in Inglis it is namit ye strengis of ye stonis yat by thay ling.

To yat ye ermes diseass impedimentis to witt.

Ather by straynyng or brusing or by sum putrifyed humor.

ffor yat it is gud to tak ye crosche of satnes of ane cunning and anoynt ye cod ane stonis yair.

And to wrap ye coddis in ane cunning skin Eftt nocht skaue is wery gud.

Thir Ballobis ar scabbin smittyne throw abundance of evill humors yat generis Pylis. And smittyne ar blasin full of wind

ffor yat sowper cans it cum Tak roisis dry figis harrox and gait milk, seith all in gliyte wyne, mak ane plaistar thof and apply to ye coddis for ane gud remedie

ffor scabm, stamp beanis and seith yame stapk nocht bayne stailling mak ane plaistar thof and apply and it assuagis ye scabm.

The earth yat is fundin in ye trock vndir ye smythis grundstane dryed and sodden in vinegar and maid in plaister and applyit helpis mekill

Alia

ffor werk and swelling in ye ballobis, bene meale sodden in lemy and tempit nocht ouirmyne sald bryed, all maid in plaister vpon ane lynning cloith and applyit to ye sair yarme it gud.

Standing of ye wind

Priapismus is ye greke word. In latine it is namit erectio inboluntaria virgę In Inglis it is namit inbolintary or vnwilling standing of mans wand The cans heirof may cum throw calliditie or hait and inflationis from ye Reynis of ye back.

Ane vther of inflatioun of ye veynis of ye wand.

Remedie.

ffirst anoynt ye coddis nocht ayle of Fenper or nocht ayle of camphire.

Also fugums tastid dryed and applyit about ye coddis is gud.

And specialle for yis mater Let vn mareit men vse fasting, walking, wecill fair, Lard lying, gritt studying, gritt trabell, and thocht all thingis bestho ye Lent and compting nocht women and all vyd occasionis of lechry.

Also ye eating or mekill vsing of vinegar in mouthis or smelling or sauoring ylose, or ye eating of Reid, and all bitter and sour thingis dois assuage and mitigat ye enrage or lust of men.

Impediment in

Impedyment standyng of ye wand

Sathorias is ye greke word in Latyne it is named Desiderium virgendi virga
in Englis it is named the desyre of standyng of mans wand.

The first cause why it can not stand

One man beyng of gritt age or consumed or waystod or beyng in gritt sorbnes or gritt labo^r^yng or watchyng above nature in the man unmarued shall have na mordinat erections of ye flessh or desyre to exercyse any beneficiall artis.

And if the marued man wald desyre to have yis act and can not throw imbecillitie resist ye same, he must resist tyngis yat may provoke ye same as followis.

Remedie

To use dyagalange, and in ye morning rest to eatt tua or thre nobl layd syryis
soft roisted, and putt thin pocodor maid of ye seids of nettills in^t^ succour.
Eatt sconitt tyngis as nutritiue and helpis yis mater as Ipocras Eliguat
bastard and gestons wynis be gud for yis mater.

Pollutione.

Pollutio is ye Latyne word in Englis it is named pollutione or dejectyng of ane
mans seid from the man
And it may cum thre maner of wayis To wit
The first is wbolumtary.
The tother is sleping.
And thrid is bolumtary
The cause of thir infirmities, If it cum wbolumtary It is abominasion in ye sy^t^
of god and no remede is yfoir but repentance and ye mercy of god
If it cum mbolumtary That is ayn ye seid dejectis agane ane mans will, it may
cum throw debilitie and wakenes of ye body
And if it cum sleping it may cum allsweill Subolumtary as bolumtary, for yan
it wold cum of ane foull luxurious dreame, or ellis ony delectasion will consent, or
occasion had lane befoir slep and yan walking to delyte in ye mater It is
deidlie sin.
And sa it is if it cum of drokennes tyll it is bolumtary.
Bot if it cum contrary and wtout ony occasion or delectasion had of befoir It is
na sin, But cumis of superabundance of nature or ellis throw imbecillitie or wak-
nes of ye body

Remedies

ffirst for it yat comes volmtary That is no remeid bot repentance and amendement

ffor ye vther yat comes mvolmtary If it com of drowsines or surfetting It is verelie sin And sa is it if it com of ony volmtary procogitatiom to Lad before ye dreame or pollutiom

Thay yat be vsed vt yis passiom must condoule thair be forme & semis yay be vnmaried

Therfor for ye matere Fast yame fast and pray and ly Lard and vse no delicatt meattis nor drinkis yat is ye gritt occasiom of yis impedimont.

Therfor I advertis all yat be vsed Intrip that be of stronth To Lett bleid and if it com of Imbecillitie or waikines of ye bodie or after long sikines Lett no man be discouraged, bot vse ynd and restorative meattis and drinkis in dew tyme vt ont excess and surfetting

For gomorria passione Ingen mand seid dyetis fra Em vnwittingis Tak four vnces of ye wod milk, tua drammes of ye poudr of ye Inzis of mo Lair brunt and mad in fyne poudr, mingl vt ye milk, and gif ye patient yat p drink twyse in ye day morning and evening tua houris before meitt.

Sum Lobbis brayed and applyt to ye Laland, stanchis pollutiom

Of Rumbzustig.

Rupturis is ye Latine word, in Inglis it is namit ane vnpture That is Ingen ye Epplat, yat is ane pollicis or sleyn yat hes compass about ye guttis. And ay it wer korris and holdis yame vpp: yat yis is relaxit or brokin be ony occasiom, That ye guttis dois fall down in ye coddis.

And thair is thrie kynds of Ruptures, ye first is Zeyssall, ye secund is nitosimall, and ye thrid is mbonall, for ye dois tak yis originall of bynt ye istoris

The cans of yis Impedimont or vnpture may com of crying or stopping of ye end or gritting, yat man condonlie dois fall in socolring childrene, Or it may com of gritt lift or burding, or of vnd gritt fall or brist, or be Loaping vnmaistlie vpon vnd Lors or be clymming ower vnd Lard dykis or Lodys.

Or by vnd gritt stronzie or boistrous or by strait binding or gritt rolling of ye cheldre.

Remedies

ffirst mak vnd trusse or Band to kep vnd fold in ye guttis yat they fall not out of ye bellie That tak ye rootis of ye yarbe called Consolida, four vnces of polypody twa vnces of acorns, vnd handfull vnd half contenody vnd-is wyn called Rot gyss of mons varis still vnd tua handfullis, Stamp all thir togidder in ane mortar, then infuse it in ane quart of stark aill vnd Lett it stand four or fyve houris then streyn it vnd drink yof morning vnd evening ay till tyme yat ane sponefull vnd contineu yis dois dryed or mair

Nota yat ye

Nota Jf ye Rupture continues thro yeares manie man it can not be mand
heale butt meissom or cittinge

ffor ye bollie at yat syde yat ye rupture is in must be cuttit and ye tell or
pellicle yat ye guttis lyis ly in must be cuttit allsay yat gall Enyis out, and sa
must ane of ye staues if ye staues be putrifyed and yan mand ye Syple bot
bomid and knitt or sodd up againe and yne sered and so yin mand heale not
sudis.

And this must be done of sume expert Phisitian thoe gall hes bayth Speculam
and practique.

And above all thingis to yame yat lacks yis dissad Jt is sud yat sald ryat
is best and continewes of ye vse bice of bomis and of medmg And ouer all
thing sic men sald absteine fra all thingis gall poulder benitositie and binder or
scalling, for in all Authors writtin Eyat inynde and benitositie is maist con-
trarious and dois maist grief to Eyrnous men yat bone rumburstion.

ffirst Ly ye patient upon his back, sa yat his head may be lawer nor his
feit Eyne tak and redrice ye bowellis in yor Eynd unto ye dew place, And
yefter ye sall make ane plaister upon ye coddis and ueill bomid in and leas
rownd about ye back after yis forme

Tak Rosyne, frankincense, mastyke, emyrne, Jngott, Annott seids of illane
clybe mobill, the poulder of osmond writtin Eyat is to sie the gritt Woodfarn ye
fount got of all, and ye sufficient oyle olyue, and frest the sayne seame make
ane plaister and stred it upon Ledder and Ly to, and except gritt necessitie
Let it continew yat tua or three oulkis, and yefter apply to ane uyd tyke in
till ye sie Amendement.

Jsso in yis cace Jt is uery gud to make poulder of ye Eurid of ane Eair
and temp it in sneesing or consalba rosse and gif it to ye clyde tuys ilk day
And if he be abone ye age of seuentene yeris gif hme yis receipt following to
drink

Tak mat solone basdis confery and osmonde of ilkane clybe mobill,
saith Eame in ye mather of ane smyths forge in ane clene mast boll into ye Eird
pot on ane soft fyre, yan streyne it and drink yof ane gud draucht in tuys
ilk day at méne and euen

And eftir more in his mackis and drinkis ye sall putt ye poulder of ye Eurid
of ane Eair berny dryed and mand in fyne poulder.

(Jn
ffor Rumbustyng Tak gryte poppir and stamp it weill in ye toith, mak
yof ane plaister ilk gritt as will couer ye scrot, bind it to in ane scoodling bind
of linyng clayth, then Ly it to his toddis and mak fast ye bind and ouirwoll it
elleris day, in ane new plaister of ye clayen popper And so sall Eaill.

Aliter

of ye fundamente

Of ye fundament and diseases yrof.

Emoroydes is ye latine wordes, in Englis ytis named ye Emerodes or pyles
Thir be fyve wayes to be stroke out at ye fundament in ye extreme parts of
ye longaȝ, In ye quilis diuerse tymes is ingendred sindrie infirmitees and
sptiue tua sindrie passiones. To witt.

The first is lyke palpis and they will bleid and they be callit ye wery
emoroyd. The nther is lyke wartis and they will gush blud and watter and be sur
and they ar named ye pyles

Also in ye same place ye dois breid nthers infirmitees as fend and fistula.
This infirmitee dois cum of evill and malitious Emoroydes in ye mals and entralls
bot it may cum of melancholy humo, ffor ye humor descending to ye lords of ye
wayes, and being thik, cumis ye vaynes to swell, and ye syre sluttes yrof being
choyded, purges men of mony evills and seiknesis. ffor if they being open and
cumming be ouer sudanlie stanchit and stoppit is occasione of mony seiknesis
as Dropsy, Cesyke, madnes, melancholy &c and yfore gif they be cumming
they sulde be nocht ouer sudanlie stoppit

And gyfen this disease is breiding ye sall knaw be ye signes and tabyns.

To witt

Ye tabyns of ye yeid, palour and wanness of ye face nt gritt yeidnes of loynis
fylthis and joynttis or leythis.

And also nt ouer long fluxe and eidming of ȝ̃me cumis sobirnes and leynnes
of ye body eftir ȝ̃me of colic and loss nt ache and gnaweing in ye nedder yeid of ye
body

And if it be continuall and passing mesour it is occasione of mony gritt pas-
siones and evills.

And if ye mouthis of ye vaynes ryn scorsthis or excessible, they sulde be stanchit
and stoppit nt sic medicines yat stop be lytill and lytill and nocht sudanlie if ye
evill be auld, and ye blud be ouer sudanlie sumtyme ingrene it may pas
back to sum nyȝ member and gender me gritter evill.

Ypocras sayes to ȝ̃me yat hald auld Emoroydes, if they be fit nurischabill
he is perrell, and if they be ouer sudanlie closed they sulde be opened agane
nt sic medicines as apon and mak soft.

Remedies

Mast soueran medicine. Tak ye yarbis callod molyne, and stamp it nt
oyle olyve, ȝ̃me tak mele omȝ̃m and roist it and stop it nt Rassett and ly
it to ye fundament ald sett as may be suffred. Ȝ̃m tak ye plaister of molyne
and ly to about it and bund it to, vse yis ane or sex tymis and it sall do gud.

Alia.

Tak yarbis bayis, tailis and taillis mak ȝ̃me clene bot waishe ȝ̃me not
stamp ȝ̃me, mak me plaister yrof and ly to ye sur.

Alia

Tak yemd dokkus unsaltit roisted molyne and Lorbbaus, stamp ȝ̃me
altogidder small ȝa fey ȝ̃me nt Lent croistes or schop croistes, draw it
throch and drunkit clayth, mak me ointment yrof and yrnt unoynt blak
nobil and ly to ye sur ostymed. Probatum est.

tak barme

Alia

Take bacme and grey bread of gryssitt and lomms dongne, stamp altogidder and lay to ye sure in maner of plaister and yat bayth dryse and hoales it.

Take docke tolyone and stamp and temze it wt butter in ale and mak plaister ythof and lay to ye sare fundament yt bleedis and it stanchis ye smerodys and dois good.

Take smetsedge bayne ymo and mak powder ythof, temze it wt hony, mak ino plaister ythof and lay to ye sore hoales it.

Alia

Take lace calde clay, and lay to ye emerodeis yat bleedis and it sall stanche ye bleding.

Alia

Malzubis sodden in wyne watter and salt, wassche ye sore ythof under and cloise stoill, and yefter take ye herbe and stamp and lay to in plaister this is gude for emerodeis yat be scallon and not eydnig.

Alia

Take ye dust of stanklis of hoosse fine and temze it wt ye nis of molyne mak ino plaister ythof and lay to ye sure is very gude.

Alia

ffor bleedis and fistulis in ye fundament Take daith stone, burne ymo and bray ymo in powder and lay of yat powder vppon ye fundament and it sall hoale

Alia

To hoale ye Emerodeis Take lorbis and stamp ymo, presse out ye and ythof and yif ye patient to drink in ye morning before his breakfast and ye emerodeis sall stanche

Alia

Dyll and of yolkis of eggis and oyle of linyett and togidder and applyit to ye sure place is ane pnt remedie for ye emerodeis and fistulis and all diseases of ye fundament.

Alia

De oyle of linyett is allane is gude for ye fistulis in ye fundament and for all wyr diseases of ye same.

Alia

All ther is gude for ye diseases of ye fundament, oyle of linyet and fresche butter well temperit togidder alyke quantitie.

Butter hoallort in ane gyll and stampit togidder and applyit.

Alia

Butter hoallyt in a glyte onyone and applyit.

falling out of ye

ffalling out of ye fundament.

Many tymes it Lippins yat ye gutt called in Latine Rectum. intestinum falls out at ye fundament and can not be gotten in agane but pine and labour, ye dissas is ane condone thing in childrene, and comes oftymes of ane suddane cauld, or of ane long flux.

Remedie

If ye gutt Lacke bene long out and be swollin sa yat it can not be gotten in agane or be cauldnes of ye ayre congealed ye best remedie is Lett ye Eylder sitt upon and abone ane Lott bauth, mand of ye decoctionn of malvis, Mollie Holie, Lungett, and ye recettis of Lillies all sodden in watter, sa yat ye fundament nt ane soft clout or watter sponge, and sa ye gutt is weill scarpillit thrust it in agane and then make ane poulder thus. Tak ye poulder of Laurus bayis brynt, ye cuppis of acorns dryed, Rois & Leaffis dryed, grattis cloves brint, ye tynd of ane aprill yarnatt and nutgrellis of ilke ane a Lyke portion, make all thir in poulder and strew it on ye fundament. And it salbe good to putt a little of yis poulder upon ye gutt or it be reposed in agane and efter it be settled putt ind of ye poulder upon ye fundament and bind it to nt ane Lott linding cleyth.

And gif ye Eylder to salt ane roisted wardane pouder nt poulder of sucrone and canell

Alia

Tak a littill tar and tonge it in frosh cruesse, mak ane plaister thof and Ley to ye place is neyr gund in yis cace

Alia

Tak ye woll yat growis betuix ye leggis or nobil of ane scheip ille is full of sesuit and fatty, stamp with Lilies, prossit ye ane thof and with ye woll in yat mid and Ley to ye place alsa Lott is may be suffred and sa it growis colde renues it agane Lott 3 or 4 tymes and yis is a singular gund remedie, for falling out of ye fundament. Tonsumus

And if ye Eylder Lacke appetyte bye stoik and destruct ye sagis efter and can expell nothing yat dissas is called of ye grekis Tonsumus. ffor ille it Lacke neyr gund to tak gardane carss and crumyne in Lyke quantitie, fry yame in butter, mak ane plaister thof and Ley to ye Eylder bothe als warme as may be suffred.

Alsa it is conducit of auctors to tak tarpetyne and pik castyme on ye coillis and rossis ye forne thof under.

Alia

Ye Leaffis of Rois marus stampit and wrung and ane plaister and applyit Heales ye scalling of ye fundament

Alia

Ye croppis of reid nettills 2 ℔ and fresche butter ye 3 ℔, stamp altogidder, mak ane plaister thof and Ley to ye sair.

Alia

Tak ane guyt Leaf and strop it in neares milk, and Ley upon ye fundament swa it sall cum na mair out.

Alia

Rose stampit and tempit wt wyne and wyne and mak ane plaister and applyit is gund.

If ye fundament fall out in childrene, the yeast of ye yritt farne called folie, stamp it and tempit wt sclop tacke or seyne seame, syne mand m plaister, and lay it vpon ane Lndrig clayth to ye fundament, it will heale it m fyve dayis.

Nota. Or weill ane soft Lndrig clayth m scowrit milk, and lay it to ye sair place warme, and gn it growes cauld powre it agane, and if ye gnit be scoldin and laid it sall remane in his owne place butt ony harme.

Or seith maisie m guittis milk till thay be soft and lay yame to warme and it mollifies it wt out ony harme and ye gutt entered m agane sensile.

alia.

If ye aes gutt fallis out at ye fundament stamp porryyaiks wt Rosis calamus aromaticus and wormott laid hott ythe reddneid ye gnitt m agane.

Off seasis and kyndis yarof

Febris tertiana is ye Latine word In Inglis it is namit ye seasis tertiane, q the dois nocht ane mein observe seasis day, and thair may be ane doubill tertiane The cans of yis seasis dois cum of colleir and dois work his malice m ye vaynis

ane gud Regiment

First purge colleir, and thrie or fone houris before ye seasis cum Lett ane man ly in his doublett, and putt ane fine of ye harsthis on his hude and hynd yame at ye nerrest of ye armes wt his garteris, and lok ye armes and hude wt m ye bed, and cast on mony clathis to bring him in ane sweitt, before ye seasis cum thrie or fone houris. And gar him resaive ane drumb thrott and lang reid, or thrie or fone grosse pennis ill ane putt m ythers ende yat he tak no ayre m ye bed. And thair gif him first ane dill berry, and Lett him drumb aqumelis possett as he will. And quhen ye gritt sorrit and brynning dois begin wt sweit and tak ilkay ane of ye clathis. And thir ordour being vsed thrie or fone tymis in maner forsaid mony sal com in and heale ythe. Bot m yis gude dayis Lett yame cum in na vpon ayre.

Meattis and Drumbis to be vsed.

Ane broase sall be soure Lolesome broid of quheitt, ye drumb sharpe small drumb or tysane or rais gilly flowr turned soure, or of ye wiff of ane soure bitt, ye lessis sall be syne beif broth, or ye broth of ane chekin weill purgit wt m wt scowrokis or violettis, or ye broth of ane young calf or bird. And amangis all ye broth or mortrie vse sowrokis violettis lettuis, and ye sall vse saleris m ane of vinegar and sowrobis beaffis And ye sall vse almond milk outgmout milk berry mand of ane quhyt small aill, roistit apillis and syne putt m yois watter and vinegar.

And of ye meatt ye sall eatt yis day eatt not of ye same ye morne

tak ye yeart

Remedies.

Tak ye hart of ye creitt of ane dolcane, stamp it in ane mortar and temp it wt
sowatt milk, syne draw it throch ane drawcht cloth, and gif ye sek man yrof to drink
in ane morning fastand, and he sall amend soone godwilling.

Alia

For ye feaverid Tak modwart, Stamp and streip it in watter or small ayle, and
gif him to drink and he sall be nane smittit of him.

Alia

Nota The ind of marygrallis and sanfone ostymad droken is soverane medicine for.

Alia

The first day tak wmeger twa gtis and clene purified horn ye threst, boyll yame
on ye fyre altitill syne gif it to ye sek.
The second day Tak wmeger and sucrone boyllyd yame togidder on ye fyre a
Rpt littill and gif him to drink.
And ye thrid day gif him ane purgatiom called bomitum.
Anis abstene fra all feverous meattis or meattis yat be evill to digest on ye stomak
fra compsitiom of woman, fra boat salting, fra colde, fra fyre, and fra birth of ye sone.

Alia.

If it be ane tyrit fever tertiane Tak ye ind of dentelyon and gif ye patient to
drink before ye cmmyng of ye fever 3 or 4 tymis and ye fever sall gang away.

Nota

The powder of cristall brayed and gifin in drunk to ye norysh tabis destroyis ye
fever fra ye barne yat sche gifis sowk to.

Alia.

Tak ye grene branchis of ye bowstre, pell away ye vtter most bark, and tak ye
grene rynd, bray it well and temp it wt wmeger, straynyt throch ane clene clayt
and drunk yat day sche sall fast thre morningis fastyng and it sall put a-
way ye fever nocht ourt. This is gud if ye fever be lastit lang, and specialis
if it cum of ane feble stomak, and ye sall fast sax houris yafter. This clengis
ye stomak well of humors, gif it be occasionit of ye fevers.

Alia.

Ti stanchis ye crawle in ane fever, camomyle and wormett soddon in ayle into
ye ane last and drukin first and last ilk ane.

fever quartane

Fewer quartane.

Febris quartana is ye Latine word in Inglis it is nemed ye fewer quartane ye
does rage ane man euery third day That is ane dayes fast and ane
nicht be dowbill quartane

This fewer does cum of melancholy or ellis of coller
And if ye blak gall sock be concurrent wt it it is ane difficile sickness to cure.

Remedies.

First purge melancholie and anoint ye temples of ye heid
and tak of ye grope called Scrapus de thymo and ye gall and mustard
of all maner of fewers use ye confection of fumus and ye sirup of violettis.
And in all maner of fewers, first purge ye cald, for euery fewer does cum
of ye malice of ye blood, or of fleume or of coller or of melancholie. And it
may cum also of mixt humors. And obserue as is writtin before in ye fewer tor-
tane.

Tak centaury, stampit and drink it in wyne, before ye fewer cumis
and it puttis it away or stanches it at yat tyme.

Ane gnid drope.

Tak ane pock of bere, knok it well and malt it clene, mask it in sundrie
watteris till it be gilyte, syne tak twa gallons of clene rock watter, seith all
ane pott till ane half gallone be sodden in, Than streyne it throch ane clene clayt
in ane pott, and putt ytto of violettis, dasiewart, and scabrokis, of ilk ane handfull
seith yame till thre pyntis be sodden in; syne draw it ygane, and putt ytto ane
mutchkin of clene purified hony: Than seith altogidder on ane soft fyre; till it
be sodden in till ane pynt gallone or ydy, then sett it af ye fyre till it be cold
sett, syne tak ane mekill gnid clene barme as wald suffice ane mekill wort: putt
all in ane clene pitcher and lett it stand viij houre, stop ye mouth of ye pitcher
well and close. And quhen ye seik man knawis ye gnid lyis cumand, or
half ane houre before, gar him drink ane mutchkin ylof as he may, and als mekill
after ye passione be past, and it sall doe him gnid.

Alia.

Tak iij pennyweycht of ye gnidest elesbolt seid, stamp it small and drink it in reid
wyne, ane gnid draucht at ones, use yis four tymis in ye owrle ill seasons day.

Contmeall feaver.

Febris synochus, or febris continua is ye Latine word, ye is named ye continuall feaver, for symotend ye ane grosse word and is all maner like to ane feaver nt ont fest

The cans of yis feaver dois cum of abundance of blaid or ellis of putrefied blaid, and yan ye flem will be dyn and veill heait, and all ye bodie will be ont of temp. The face schellis, ye eyne will be reid, and ye vanes will boldon and full and ye vryne reid nt gritt spome. The regiment for a feber sos Febris tertiana, & sso consimenes

Remedie.

Ett imp ij scruples of plantane and tonge nt nt walter and gif ye patient to drink.

Alia.

First if age and strenth will permitt ye saide Latine blaid of ye vayne named Mediana. And if ye patient have gritt drouth or thrist, use ye Clistmarij of primis nt ye scrope vtterlie.

And if ye patient can not sleip make ane dormitary yus.

Dormitary.

Take ane scarlott clayth, dipt it maylie of rosis and vinegar and lay to ye heid.

Or take toes and squime it nt scarborons and lay it hott to ye heid and tempill and it sall gar him sleip.

fomentatioun.

Take violetis floreid or leassis Roses leassis of mallois, of ilk ane twa handfullis of beare three handfullis: seith all myddling or tayne watter, and yis use to fomeit and bath ye feit morning and evenning.

Clysteme.

Take mid of nt steid ane clysm, of rois sudors and grett sudors ane unce of camphire twa drammis, of rois leassis ane unce, and of rois watter als mekle as will suffice and temp all togidder in maner of plaister, and ye nt ane bloes or scarlott clayth. apply it to ye nyeft syde. And if ye feaver cans constipatioun use clysteris and suppositor.

And use ye dyett. Gatt no gross nor contagious meattis nor drinkis, abstane fra drinking of wyne milk and meis bakin and rayne. Gatt no eggis, rellis, nor frostis salmond nor schell fisches, nor na fisches yat be robid or clim and yt stick to ye fingers.

Note. Ane feaver quotidiane take nocht his mikle yat grifis nocht mekle scathe bot it nt watter and gif ye patient to drink ather before ye feaver cumis or in ye tyme of it, and it sall scale him.

Alia

Take mustard seid and gif ye patient till eatt before ye cuming of ye fitt and it expellis ye cauld of all feavers yat cumis be constitutionis quotidianis and quartanis.

Alia

Ane mekle stampit and steipit in yill and drucken is guid for all feavers.

Alia

Ane feaver quotidiane stamp dandelion and steipit in milk or rayne and drink it helpis his bill

or take ye drop

Ye tabl thow droppe of ane womans milk yat sucks hir breast barne, putt
it mane soft wosted yrin and gif ye patient till eatt or ye ill tabl ym

Alia

Tabl ye mis of aloe and gif ym to drink wt a littill gill, and if he sweattis he
sall amend.

Alia

And if he sweattis not wissle hir pouthis and his temprillis wt hott watter to
yat ym sweatt.

And if yit he sweattis not: Tabl bearffis of pariotary ploosmtrie and eyebrycht
Eerth yame in watter and hold his feitt yrin ane gude space and he sall sweatt, bot
above all thingis help ym weill fra euchald hereafter.

Alia

ffor fevers quotidians Tabl scippill of zarbos and morsus diaboli, stamp and
strip yame in nose sill and drink at morow and even.

Alia

Tabl ponder of Onpherium ye sextene pt of ane unce, temp it wt ane sy
schell full of aquavite and gif ye patient to drink thris thrys in ye morning
fasting and it purges ye humors ye of ye fever is ingenered.

Alia

Tabl tua or thre cloves of garlick, bruse yame in aquavite and wt ane cop-
pin of ail seith altogidder and drink yrof a littill before ye fever cum ald hott
ad ye may ris and.

Alia

Tabl nettills, mosserpoblid and salt, stamp yame togidder mane ane schell of
trie and lay to ye wrest of ye left arme will putt away ye fevir of ye fever.

Alia

Seith yolkis of eggis hay salt and pepper all temp yt togidder and
Lay to ye wrestis of ye arme will putts away ye fever

The treis signes of ane fever tertian generit
of collor de ethe.

Spritt perne in ye hoid.
Continuall walking.
Abmedant sweatting.
Yallow and grene urine.
Thrist and dryed of ye tongue.
Ill mit of ye appetyte.
Ocasit rest in ye nycht.
The ventriculus Lard.
The pulss seyk.
Smallie ye patient is mixed vexit this day.

of leprosie or

Of Leprosie or meselrie.

Of this disease yᵈ is sone kyndy yat is to sey.

The first is named Elipantia, and it is gendrit of ane corrupt melancholie humor.

Thay yat have yat kynd of leprosie is known be thir signes in speciall

The voice is large
The body swollen
The face colloᵘrd lyke lead
The eine of ye browis falls
The eyne growis littill and rounde
The nois thrillis straitt and growis togidder.

Tyria or Serpentina.

The secund kynd of leprosie is named tyria or serpentina of ane serpent and is gendrit of corrupt fleume. And thay yat have yis kynd of leprosie is known be yir signes and takins

They ar full of grytt skailis the skyn is sumtyme grytt not soft smoothe and glittering not plookis and skabbid not mony tyme and norished not mony tyme conditionis Ye breith of corrupt fleume is unclene spittill glymes and gyttrie, the nois thrillis ar stoppit ye eyne rattris kindly ming the lippis and gummis rotting ye voice of ye voce roach and ye voce large. And if thay be latten bleid, ye bleid sall turne to ane fleiting substance grytt and thin as mylk and mi grytt granutitis.

Lopiera or Vulpina

The thrid kynd of Leprosie is named Lopiera or Vulpina It takis yis name of ye fox, becaus anis in yis yeir he castis all his heiris, and thay have yat have yis disease, and it is gendrit of corrupt or infected flesche.

And thay yat have yis kynd of leprosie ar known be yir signes in speciall. In ye time yat have yis kynd, all ye heiris dois fall out of yair browis and eyelidis

Ye eyne scheills and growis grytt and red ye face full of rois plookis and skabbis, out of ye quhilk sumtyme reynis out fouk bleid and matter, ye nois scheills and growis grytt, thay smell na smell nor savour, thair end stinkis verry evill and is infective

Leonina.

The fourt kynd of leprosie is named Leonina, becaus it is fyll like a lyone and is ye worst of all ye laif and is gendrit of red collora corrupt in ye membris is mekle lyke

And thay yat have yis kynd of leprosie ar known be yir signes in speciall

Thair colloꝛ is mair extreme and yallow nor ane lyone, ye eyne is more scheilled and sprouting out ye flesche mair rouch nor mony skabbid and rustid, and thay have mair grosche frotting and gnacking in all ye membris nor ye nayd kynd of leprosie

And beyond

And beseyde all ye forsaid cauſſis, leproſie man cum of diuerſe vthir cauſſis
als of daseling, Labitatiim, Corpis company, and oft talking wt leproſe men. ffor
yis euill is sa contagious, that ane mans eyne may infect ane vthir
Also it may cum throw sauring deale wt ane woman sone after ane leproſe man
Gif lym wt hir.
Sumtyme it cumis be wyne of ye father or mother, als it wer be lack of fewtage
Sumtyme it fallis quhen ane child is conceauit in monſtruall tyme; Also gn
ane child is nurtriſſed of ye corrupt milk of ane leproſe nurice. Sumtyme it
cumis of outward cauſſis als of infect or corrupt air.
Sumtyme of euill dyett, als of melancholy meattis Laut and dry, als ye eating
of ye fleſche of aſſis hoarid and sickelyke.
And sumtyme oftsyis ſott meattis, als of morkill and long uſe of ſtrong pepper
and garlik and sickelyke of meattis yat be ſone rotted and corrupt als of mea ſall
ſayne yat cause cum myſame. And of euill and corrupt wyne, Sumtyme of byt-
tyng of ane venemous beaſt or worme yat infectis or corruptis ye ſubſtance of
ye blaid and Ennoris myis manor and mony vthir diſeaſis of lepry is geneirit.
Bot ſumtyme it is geneirit. It is menzabill if it be confirmit except ye grace
of god
Bot it may be hid and Endurit yat it deſtroy not ſa ſone.

Regiment.

Ye patient ſalbe war of Enrtfull meattis, als ſyllayis blaidis, and ſpecialie
ſic as breidis melancholy. Yat is to ſay Beiff, gaittis fleſche, Lambis fleſche,
beard fleſche, ſalt fleſche, ſalt fiſche, groſs thick wyne or blak wyne, addle
eyeis, auld fleſche, fatt groſs fiſch of ye ſie, Venemous and sickelyke. And
alſo all meattis yat geneir euill blaid as euill in yis caice. And alſo ſmall
and conbersabill dyat, and meattis yat be not ſone corrupt in ye ſtomak.
And if blaid be ye cauſe als in alopicia Than ye ſall firſt be lett blaid and yan
be purgeid wt ye medicines
In vthir kynd of leproſie it behoueis firſt to tak medicines and yan lett blaid
if need beis and not ellis, Ane if blaid be latten ye ſuld yatt neceſſitie requyre
it ſuld neuir euill nor ynd ane ſyis conſtantlie.
Than ſall ye vſe ye medicines wt in and conbersabill plaiſteris wt out to yt ſtand
ye attendants.

Remeid.

To ſcale or kyde lepra ane ſayis plato The beſt is to tak ane ſtrid addir wt ane
yallow bonibe if ye bemene be away and ye heid and ye tail cuttit aff, ſyne ye
bodie yaff wt ſalbid and ane yird oftymes. A ſpa
Tak ane cobe or ane ſpen and keip it faſt and thre dayis, Than bind it wt ane
ſtreng and bind ane taid beſyde it ſa yat ye cobe or ſpen may rin to ye taid and
eatt it Than wt in ane dayis eftir ye eating of ye taid, ye ſall ſtay ye ſcaill.
And ſuilk wt

And seith it myght chaunce that the gud gyffyn tellyn substance be sodden
out of the pott rald forth with And left ye patient rest ye same that quantitie
yat was dry Probatum est.

The oft vsing of callament in meatt or drinke and yeaster drinke gifyn condit
is gud for yat kynd of lepry named Elipfantia.

Alia

Note the mis of wormett nor vinegre and alme must togidder and ye bodie anoynted
yat it shalbe long lepry ym mis not in man.

Alia

Gould brayed and ye powder yof putt myd meatt is gud for ye lepry.

Parlesy or apoplexie.

Paralisis is ye greke word, in latine it is named dissolutio in fnglid it is
named ye palsy or apoplexie and ye is tua kynde yof to witt.

The one is vniversall and ye tother is particular palsy. The vniversall pal-
sy dos take half ye body after ye right syde or ye left syde and gifat syde
soever is taken not it takis away ye half of ye memorie the one ey is dim
the half of ye speich or all is taken away, the one leg, ye hue arme is dead and
dosomed sua yat it can not do ye office and ye proper name of yis palsy among
ye grekis is named Hemyplegia.

The particular palsy dos rest nest in one member or place That is to say myne
tongue or ye lord or ye arme or ye leg and sibilyke membris.

Ignorant yat yis shuld seyn That gif ane mans head or hand or leggis dos seace
trymbill or gusylle that is ye palsy.

The cans of yis impedament gifthir it be vniversall or particular dois cum be
resolutioun or ellis compressioun of ye nerwis or ye sinnowis and be opilacioun and
stopping of ye blaid gif yai not ye dois could nor recoured. And dois cum in yis
manir, eyther of ane gritt anger or fear, it may cum also of ane gritt cauld ayd-
ing or ganging in ane bellement cauld wind, or be excess of eating or drinking
gif ye nerwis sinnowis and stoppis ye is ryne or ellis of blood mersing excessiblie
and ouercumis ye heart.

Reymont fischar

Regiment.

ffirst rose hue gnid dyett hud eatt no contagiond meattis, hud if nore beis rose clysteord hud anoynt ye bodie wt oyllis of laurry hud cam omyle clud gyliddor it be wnibersall or gtiental anoynt ye bodie wt oyle of tarpentyne compond wt ligabite, hue rose facaes hud rubbing wt lynd ab hue wald rub hue pace of acold baittis sa yat ye sklm of ye patient be not hurt ybi, hud gif ye patient tryabill wt poudor of pepper, or ellis mithridatid wt pepper hud if ye will ye may rub ye patient wt eaittis of lillend stampit.

Ane tab hue for hud wt ye sklm hue all ye body ypartoned hud wt ye heart leuer hud longis entrailis stanet hud kidnes, seith altogidder in zyning nator hue gnid space wt calamynt balme hud carby, hud bath ye patient in ye watter yof

Also ye smell of hue for is gnid for ye passy.

Quhit is to witt Qhat yt mator of ye stopping of all bodyis ye passy is sumtyme in ye lyd hud brayne gll is callit ye mell of scrmond hud ybi ye said Quod, for ye astonysing salbe in ye tyn in tyt to ye face hud in ye biegnding of ye ey bane.

And sumtyme ye mator hue cause is only in ye member paralotyke, hud yan only yat member is griued hud not ye tyn about ye same ab seyd gulen.

And so it followed gr ye diuersitie of ye place gr in ye diseas nestis to gyne so is ye medicine diuers.

Also ye passy yat cumis of hurting or cutting of scrmond is incurabill hud nay not be sone holpit.

Hud ye wnibersall passy in all men hud specially in old men is rycht cura bill. Not in zoung ysond medicine wockis mor gyrkly hud mar effectually.

Remedie

Tak ye gall of hue oe or bull of hue collour hud tak thre or four reid ony ons, roist yame weill vnder ye assis till they be tender, mix yame wt ye gall And se yat ye be sour tymis ab sa mekill of ye gall ab of ye oniound hud anoynt ye member yat hes ye passy yrof till it be droken in And yan tak hue soft steill nese wastely, warme it sett againd ye fyre hud wrap ye sark body yin it ellom gr ye good to bed, And wt in xl mekis it sall mak ye flesche grow albeit it be mekill wount abey.

And if ye sklm be grosson thick be hunysing abey of ye flesche, Tak ye crop pis of reid nettillis hud rub wordly ye sklm yat yat ye oyntment may ye better drink in

Alia

If ye passy be in ye tongue Tak ye sed of mustard hud chow it in ye mouth hud hold it long vnder ye tongue. Alia.

If ye passy

For if ye palsy be in ony ayd member of ye body Take ye seed of mustard pult it in a litill bag of fyne clayth seth it in wyne and oyle and apply it to ye sair place

Item

Gif all ille dayes stoppis comand of ye seeis of pryny and it possyd wele in fra ye body

Nota

For stamp pryny and mix it nat watter and put it in ye mannis mouth, yat hes tint his speich and it sall cause him to speik schortly.

Item

For ye rumbar sall palsy Take castorium and seth it in ye iuis of hyls sage, mak pylls yarof and cast in ye patientis tongue.

Item

For it is gud to lett blude of ye tua bayne vnder ye tongue syne mak a gargarysme of castorium and hyls sage.

For lesy

For ye perlesy Take ane hyls cutt, seath for in broise and gar ye seik man eatt yarof and anoynt ye sair place in ye euenyng of ane eatt and it sall do gud.

Item

For lesy in ye hands Take ane elene rynsyll lyning clayth and weit it in ye iuis of ye hord nettill and bind it about ye sair hand and it sall help it schortly. And gyf for ye lesy cum of cald or cauld ye first day of ane for eatting myt soccar maner it be is ingrisar gud.

For palsy in childrene

If ye palsy happin in ane sobbing clythe it is not lyke to yat gat is of eldar age because ye sermons of yame be wary weyke and tender And yarfor dois ryme a chayber medicine during ye gat tyme ye nurice sall vse ane dyett meklying towis lett and dry, and to eatt spyces als cummok, galinga, ginger, macis, nuttmuggis in roisted and fryed meattis for stele micht p abstene fra milk and all maner of fischis And it salbe gud till vse ye electuaris following.

Take myrt, cummell, cimyne, horss hasill dryed mastyke, valeriane settwall clocis, mak all thir in poudir and in purified hony mak ane electuarie and vse it.

And it is gud to gif to ye childe ye grantitie of half ane nutt ressaue dyt is sawlly doun.

Ane plaister

Take ane vnce of bake ane dramme of cupperbum in ye pottingara tempe it at ye fyre in ayle olyue, mak ane soir clayth to comfort ye bak bone and ye sennous of ye childe

Also mak ane bucht of ye decoctiom of sabory, tym, ridiorym, smalach sage nep, and myrt, or ellis of yir herbis and bath ye childe qhim it is wary gud and holsome

Ane to rub ye childis bak and hynnis in ayle of rois and ayle of stykis met togidder warme is gud.

palsy nota hir

Palsy

Nota The palsy maist comonly Happnis to Hicht or ald men ffor Hait and marck and substance is wanisted consumed and coillod.

Sumtyme yis disead takis ane member as Hand or futt Sumtyme ye Half bodie or ye tongue yat ane man can not speik.

The cans Herof comes That ye tua strengis gat comes down fra ye brayne throch ye bak bone vnto ye pairt, throch ye ane gangis ye natureall Hatt, and throch ye vyr ye cold. ffor ye sinc strengis ar stopped ane or bayth. And yis fore in yat pairtar member ye strengis stopped ye natureall spreitis can not cum to ye sinc.

Therfore Hat recurs to Physitians or Chirurgians quhill Him speik after yis ane speik and Enarr perfytlie ye cans of yis disead yat he may ye mair certanlie Know how to Hail ye patient.

Moysture.

ff moysture be ye cans of ye disead Then suld ye Hand be minischid vt ye strengis ab be consumit, warme and confort ye bodie wt yis mixter following.

Tak Lobsander sage Coastop callit Herba paralisis ana tempar betoné of ilkane ane Handfull ane pynt of Aquavite, ane grott of stark aysty wyne putt all thir in ane Lanne pott and pott it in ane bettill full of watter and Lett it sethe weill and wt ye decoctioun ythof wasche and bath ye grevand member treyslie dry and Lett it dry in be ye self. And it is gud sicklyk to drink of ye said decoctioun ilk day twyse at ilk tyme ane Hy Hoill full.

Blude.

And if ye disead cum of superfluite of blude Then man ye be letting blude incontinentlie, and if ye disead be in ye richt syde, Lett Him bleid in ye left syde, and if it be in ye left syde, Lett Him bleid in ye richt Arme. And thaftir tak Him Half ane dram of tryakill in ane bath wt warme wyne Hym castand ye bone soddon in.

And if ye Hab not castand Tak Lobsander or sage watter and drink fortht Holpis.

Or if thou Hab not ye sage watter Then suld ye Herbis in gud wyne and drink it.

Or ellis tak syne sage and Lobsander of ilkane yair Handfulls, steip yame in thre pynttis of wyne xxiiij houris and yaftir distill it and drink it.

And if ye can not still it, Then suld ye Herbis in ye wyne and drink it.

To restore agane membris yat be Haymod or tak[in] wt yis Disead.

Tak sage and seith it in watter in ane deip Hollow pott, And if ye disead be in ye Hand putt ye Hand in ye pott yat it may recaive ye Hait vanle or storf yat Hait and Ye may suffer till it sweatt, and yaftir tak Half ane pynd of aquavite, ane Handfull of sage and ane smoklill reik, cutt yame small and seith yame wt ye aquavite in ane pott wt ane narow mouth weill stoppit and yan putt in seithyng watter, and if ye aquavite is drokin in of ye Herbis yan putt in mair and Lett it seith weill putt a Littill ythof in a cloith neistfull and Heitt it vnto Hait

to in hy bre

¶ It may be ſuffered, wch ſoft lyning cleyth ym and yrot bathe and ſtraik ye patient kindly and diſeaſed places before ye fyre wt gnd ſtate

Alia

¶ Take oyle of camomyll and aquavite myxt togidder and ſtraik ye ſadn wt ye ſoft cloyth about all ye ioyntis of ye patient

¶ Or wch ye cloyth ym and ly about ye ioyntis or lothis, then wind ane blak ſtrypid ſcheyn about ye ioyntis obere morning and evenning qwill dayis togidder

¶ Bot if ye paſſy Lacis taken ane ſmall arme or leg, then put out ye fearbis in ane ſtub and ly ane peice of tre ouer ye tub and ly on ye ſmall leg or arme yrof and roſtaw ye ſame or rotk yrof being cloiſ coverd, and gif it nayis cawſd warme it againe wt ane lott hyd ſtane and bath ye member yrwt ye afoir ¶ Bot if ye diſeaſ be ather in ye ſchuldris or knekis bonis then take ye fearbis put yame in ane poik of ye breid and louth of kirk ane all then ſeith it and ly it lott upon ye diſeaſed member, and gif it nayis colde lytt and ly it ane nycht or tua hour ye member yat is diſeaſit alwyis warme. And lett ye meith and drynk be ſeaſond wt ſaffrone according as ye amendis, and lett ane eatt of rynnyng hegis fleſche or porkis fatt ſodden wt raibbis, for it confortis ye ſennonis, and inſtaid of ſaffrone vſe cammell.

Alia

¶ Ane ſoverane remedie for yame yrfand head and eirdis dois ſtand aboy hornſpone of drawing togidder of ye ſennonis Take ye ſtonis of ane broke calfis caſtrell, gilyfloy popy and poock of ilk ane alyk mekill, bray yame in poudor. Take ane ſtonefull of yat poudor and putt it in ane ſchell horn wt tua mouthfullis of lytt watter and gif it to ye patient to drynk before he breakfaſt and he ſalbe haillit. Alia

¶ Ane gnd oyntment Take ſage caſtor lebandor primroſ moſkbuſ ſtamp and temp yame wt ſwyne ſame on ye fyre mak ane oyntment yrof and gnd anoynt ye ſair.

Alia

For ye ſame ſtamp muſtard ſtrip it mall and drynk it gnd

Or anoynt ye place wt ye ond of muſtard it gnd.

¶ Dropſie.

Ther ar fone kyndis yrof to wit the firſt is named lento ſpumoſa, and cumis of diſtemp hote of coldnes and moyſture and yfore it takis ye name of gryſly fleume and it is known be ſcharpe and ſcalling of ye bodie the latter yat of ye ſeim is gryſly and ſoft ſo yat if ane fingor be preſſed or thruſted in to ye fleſche it will mak ane hole or pott in ye fleſche and yefter it will ryſe againe eſpecially ye nycht and fleſche the wryne is diſcolourd and gryſly and thicke.

The ſecond is named hydropſarca or anaſarca and it cumis of diſtemp hote of cold and dryne and it is not ſa gritt ſcalling as ye firſt bot ye fleſche ſtumbil and ye wryne is diſcolourd and thin

ye hyd hynd

The thrid bynde is named asthides and comes of distemp heate of spritt and moysture and in it ye wombe is blacke and swollen soyt if it be stricken it soundis lyke and toome bosse or flaboue and ye wryne is rede and thicke.

The fourt is named tympanides and comes of distemp heate of spritt and drynes, In it ye wombe is streaitt and stronglie spalled and blacke, so yat if one will strik upon it it will sound as it wer one tabrone or tymbrell and ye wryne is collor od and thin the neck or craig is small the nose thrids sharpe and ye eyne hallow and rolland.

And generallie all bynds of Edropsid comes of defaut of digestionn in ye lebir and of ye superfluitied of ye foure humord qlk dois ingender abim= dance of superfluous moystnes and watry humors betuix ye fell and ye flesche qlk causs ye flesche to boldon and swell up.

The first twa bynds of Edropsie named lent phlegma and hydroposta ar curabill before they be confermit and rotted

The nyt twa bynds before they be confermit ar dowtfull curabill and efter nocht.

All they yat labis Edropsie ar swellon in ye bodie ye flesche is soft and wasthe gruboun and leaby and is thristy and ye mair they drink ye mair they thrist and ye mair he drinkis ye mair he pissis bot litill and litill and seldis dois.

And to yame yat labis diuers bynds of Edropsie sould be gyffin diuers bynds of medicines according to ye humo^r^ qlk of they be ingenered.

And all ye medicines qlk dissolue and destroy wind and bouttosities and humors betuix ye skyn and ye flesche and yat causs dygestioun in ye lebir ar all gud and nedfull in yis cause abuyne Constitutione.

Regiment.

Ye maist socour and medicine is in ye keiping to take and putya^n^ in to chenge him and to abstene fra drink als mekill is he may or ellis he sall not be haill, and vse to eat flesche yat be rane and dry roisted, roisted apill and cheis roisted and half brunt in ye fyre, and to vse all meattis qlk be hott and dry becaus ye nature of Edropsie is colde and mald be ye contrair

Remedies

Ye blood of ane gaitt hott on ye fyre and drunken dois away the heate yane yat labis Edropsie.

Alia

The seed of mustard stampit and sodden in wyne and drunken is gud for Edropsie and drawis up ye humor and takis away ye hard of ye lever

Alia

Tak walwort and seith it in watter or wyne and drink it and it is ane pnt remedie for Edropsie

Alia.

Or ane manis ane wryne drunken is gud for ye same.

Alia

Or ye wryne of ane gaitt or of ane kow drunken is verie healthy.

Alia

Hope flowre and maid in caull and suppet not ouer hott dryis ye lebir and restoris againe gud collor.

Alia

tak garlike and

Tak garlik and Scott aarry, stamp and putt yame in yis drink it dryss ye watry Emors of ye Eedropsd.

A nu plaister

Tak soore leid of gylett ijt flowis, camock, galinga, and ijmeger, stamp altogidder, putt yamon and pork of lindng clayth and lay to ye nakill ijarme.

Alia

Tak Isope stamp it and seith it in wyne and drink it and it dryss in ye watery Emors and helpis grittlis.

Alia

The rasittis of ye blew lilly, stampit and pressit out ye ius yrof nu knew and half unsit ijt tua unces of gylay and drunkit and yis natlng better for Edropsie.

Or ye same rasittis sodden in wyne and drokin mosse and sum it fostenis ye breist and helpis ye sorlytny and schortnes of ye end gif ijt tak yat lawis yis dissead or ijcpod.

Alia

A nu gnd remid to be takin affor ane purgatiun Tak of gaitis dongne and of ye dongne of ilk ane ane pund ijecht, dry yame in ane oven and mak fyne poudir yrof, mix yat poudir ijt ye ne of mosmett and oyle of rois, als mekill as salbe sufficient and mak ane oyntment yrof, spredit upon ane lidng clayt and lay it sett upon ye patients belly, gll he gais to bed and it sall do him gnd.

To knaw, if ye sawlny begin at ye fute and go upwart it cumis of ane sett cans.

And if ye sawlny begin first at ye face and go dounwart it comis of ane cald cans.

Poysone or Venome.

Venenum is ye Latine word, in Inglis it is namit poysim or venome. The gll is ye most subtile mater yat can be, for nature dois abjorre it, considering yat it dois infect and corrupt not only ye exterior and officiall membris, bot also ye interiar and principall membris as ye hart and ye liver.

And besyde all passionis and evills gnrlly unto ye nature of man is subiect mast generall deatli and evill happin to manlykynd be reckin poysone and venome.

For all kynd of venome is contrarie to ye complexioun of manlykynd and slayis suddanlie except men ye sooner help and remedy.

Sum venome comis of corruptioun of meatt and drink, Sum comis of bytyng and stangyng of venemous creping wormis as of addoris serpentis and sick uther beastis of quhom ye Emoris and teith be venemous to man and bodie.

Sum venome is hett and dry as ye venome of addoris namit tyrus and ijpocras.

Sum venome is cauld and dry as ye venome of scorpionis. And sum venome cauld and moystis as ye venome of attircop.

The venome of serpentis of ye male kynd is warst yan ye femalis, of auld serpentis war nor of yong. Of gritt and Long serpentis nor of ye schort and small.

Of yame yat

Of ȝame ȝat abyde m ſtillis and woddis is war nor thay ȝat abyde in craiggis and
bewȝ nore vnto watteris.
The venome of and ȝat is faſtyng is war nor of ȝame ȝat is fill.
The venome is ſtrangar in ſommar nor in wintar.
The addris or ſerpentis will ſtang ſonar in ye middis of ye day nor in ye mor-
ning, and ratar in ye day nor in ye nycht.

The Cokkatrice.

The venome of ye cokkatrice is ſo violent ȝat it burnis all thingis ȝat tong-
is it: and ſo abone ye day ly[k] he is nathing greibeb greine. ffor ſtanys and
thir birdis and foulis ȝat flois befor his den all beaſtis ȝat cummis nar it
ar aſtonyst and mowis not bot fallis down dead and ȝat only be his ſor venomous
ſycht and breathing or ȝniſtyng. and he ȝat is bittin of him, maltis and
ſwellis, caſtis venome and dois ſwetmlie.
The venome of ye cokkatrice is ſo violent and ſtrong and if it be tincted
with ane ſpeir, ye tincter ſall feill ye violence of ye venome. and abeon
tellis of ane man ȝat tincted ane worme in India with his ſpeare, and
incontinent he fell down dead and his horſe alſo.
The ȝat is ȝuit of ye cokkatrice ye bodie thingis ſone in grene colour
and ſudd ane death followis.
Sum ar poyſonit be eating and drinking of poyſone or venomous meat-
is and drinkis.
Becauſe in Rome they will poyſonn ane mannis ſtrenthe or his habill or
ony vyd thing. Ye ȝat ſpeiris of ane ȝet of mannis bodie tak ony ſkrith of ye poyſonn
or wapinnis, ye man is ȝan poyſonit.

Remedies.

ffirſt of ane man ſall him ſelf poyſonit befor all thingis ȝar him vomyt and
gif him purgatione clyſteris and ſuppoſitoris and lett him blaid of ye bayne
nameit mediana and cordiaca. Anis vſe to drink treyakles and mithridatu.
Alſo garlik and rew vſed is ȝuid ayanſt poyſonn.

Alia

If ane man ſall be broken venome or poyſone ye dongyne of ane hen or of ane
cok gif him to him in drink ſall gar him deboyde it ſaiſtlie.

Alia

Contra dowbtis for poyſoning Tak nyne leaffis of rew, thre kernellis of
ye kaſtalo nittis and ſalt ȝame nyt a littill ſalt nyt morning faſt and and
he ſall not be poyſonit ȝat day. Probatum eſt.

Alia

Marygoldis ſtampit and ſtrepit in nyne and broken and ȝairn ye venome
deboyde.

Alia

The berryis of ye ſorny tree ſtampit and broken in nyne is ȝuid for ye ſame.

Alia

Rew ſtampit and ſtripit in ane mannis eare ſtalling and broken nycht ſall
deboyd ye venome.
Ane ſpuid onyone eattin is ȝuid.

Alia

Mithridatis.
The preſtar ane man ſall poyſonyng Tak 9 leaffis of rew and tua nuttis of
figgis and ane ſpuid eattin ȝame ilk day nyt his ſmart, ſall na venomous
meattis nor drinkis deare him ȝat day

for bring of

for bytyng of vennemous beastis

The bytyng of ane wod dog is vennemous and deidlie. If he byttis ane dog or ony beast, it infectis and makis him wod also. And oftymes men bynis bittin wt wod doggis lis gone wod

The vennome may be long hid and vn knawin sumtyme to ane yeris end, and yan yt same day and houre of ye bytting it cummis to ye heid and breidis frenesie. And it is ye nature of doggis to seik ye sauour of ane wod dog on far and to ather and flie from him.

And yis vennomous woddnes failis maist condonlie in Iarbeist and springtyme.

Nota If ye slaibering or fome of ane wod doggis mouth fallis in ye watter, it infectis ye natter So yat gt man drinkis yat watter sall ebrepit or wod.

Remedie.

Stamp garlik and seik it wt ane gud fattin and gif ye broik yhost p ye patient to drink it helpis.

Alia

Tak ane cok or ane hen or ane dow opnit hott and lay to ye bytyng and it helpis

Alia

Nota The best remedie is to gar ye vomd bleid bot ony way yat ye venome may cum out wt ye bleid out of ye womd

Or tak lock leitchis and gar thame sowke out ye venome wt ye bleid.

Alia

Ane table maid in plaister and applyit to ye bytt is gud.

Alia

Tak nuttis garlik wax and salt stamp thame togidder mak ane plaster yof and lay to ye sair it helpis gritlie.

Or tak nettis and stalk thame and lay to ye bitin place is gud.

Tak ane of tapryslus onyone wax nuttis garlik myrt salt temp thame wt hony and remeyar Mak ane plaister and apply it to ye sair for ane singular remedie is sayd constantine, ffor all thir thingis drawis venome to thame self and wt ye heit and dryne dissbleid consumis and destroyis venome.

Alia

The Brewellis of wall nuttis stampit wt onyone and salt and maid in plaister and applyit to ye sair helpis mekill for bytting of ye wod dog.

The seid of palmtree drokin wt wyne hailis all venemous bytingis.

Onyone stampit wt remeyar and hony applyit is gud for bytting of ane wod dog

ffor byte of ane wod dog ane clove of garlik stampit togidder and laid to ye womd is gud.

ffor bytting of all venemous beastis Tak onyone rew salt and hony alyke quantitie stamp and temp thame and apply thame to ye bytting it is ane solace gud.

Alia

Mustard seid stampit wt remeyar and applyit to ye sair is gud

ffor stanging of venemous wormis.

If ane man be stangit wt ane scorpion Tak ane scorpion and seith for mouth and lay to ye straight place in maner of plaister is gud.

Tak butter maid of cheis milk and anoynt ye place yrwt is gud.

Or eith of ye butter and it gais to ye heart and lettis and stoppis ye fome of ye venome and lettis it not cume to ye heart.

for bytyng of ane

ffor bytting of adders or serpents, first ye vermone wald be drawin wt cupping
or scarifyg or sum vyr way shortlie. Than tak ye matter of ye excrement of
ye tray Rots and myrt wt treacle Tak garlike wel and salt temp yame wt plais-
ter and ley to ye sair
Nota to remember. In ye beginning remember yat is strangest it sald be strantlie hand-
in yat ye sworde of ye vermone may not suddenlie break into ye mens arterie.
ffor adders stang Tak grene rew and fenkill stamp yame weill sene saith yame
in butter mak ane oyntment yrof and yrwt anoynt ye sair. or anoynt it wt
treacle or tyrr salt treacle is gud.

Becio.

If ane man be stangit wt beis or wasps Tak medwart stampit and tak
ye iuis yrof and anoynt ye sair and it sall assuage
Or gif thai gois stang beis anoynt ye face wt ye iuis of mucoid and oyle olyve
and thay sall not sting ye.
ffor stingyng of ane bee wasp or hornet lay upon ye place calde stealing and
it is gud.
ffor byte of all bousis tak wax hony and salt temp yame togidder and lay
in manner of plaistor is gud.
Tak Ipocrecone stamp it and ley it to ye byt in maner of plaistor and it ad-
mittis ye persone to labor na forder operacion.
ffor bytting or stingyng of serpentis tak ye leassis of ye astelm trie stamp and
ley yame to ye place yat is stangit.
Or preis out ye iuis yrof and gif him to drink and thai sall schw ane wonderfull
effect, for ye serpentis is so guilt amang to ye astelm trie yat thay wald rather
gois thrae ye fyre nor go by it.
Nota If ane man be stangit wt ony vermenous beast, ye best remeid is to
gett ye vermone out of ye flesche. to gar soddit out wt ane mannis mouth, and
se yat saidis it may not be fastyng bot man eatt of fatt and creishyt thingis his
belly full than rostis his mouth wt gud wyne. Lett him tak his mouth full of
oyle olyve and yan lett him begin to soddle. And eatt ye place yat is stangit wt
ane rasour and mak ye hoill large yat ye vermone may ye better cum out, yrfor
bruis sone stamp garlik onyons and salt, mak ane plaistor yrof and first
rostis ye place wt womger, syne ley ye plaistor.
And ye patrout must eatt ye blubbis of lorbis wt garlik onyons pepper
and mekill salt all bruyst togidder, and eatt mekill bread and drink gud
wyne putting yrintill ye seidis of nettills and semper bozeid.

Alia

for bytting of all vermonis beastis ye seid of mustard bruyst and tempit wt
womger and applyit to ye sair is gud
Nota if ane vermonis worme be croppin in ane man. Stamp rues and drink
it wt ane mans allom stealing sall gar it dowgthe.

Burning or Scalding.

There is tua maners of burning or Scalding
Combustio is ye latine word in Inglis it is named burning wt fyre.
Ambustio in Inglis is named Scalding wt licour as watter oyle wort lett Scalding.
And yis ane wyt burning named Ambustio meritzied, ye is called burning or Scalding of ane Carlott. And ennes is gyfen ye Carlott ye man dealing wt her Lady in her ane or elaspis her Lands and taid Lard togidder. And sinn Carlott myndis to do ane man displeasure dois stand ocer me elaustring drisles of coillis in ye fyll stye puttis bryntstane and yis wt good affirmis her self at her proue ane tume membere.

Remedie

If ane mane be brynt wt ane Carlott in yis maner and yestir dois melk wt ane wyf woman wt in ane day he sall burne yat room in yat he melkis wt
And if ony man be brynt Lett him weshe his pettie membere tua or thre tymis wt guyt wyne or ellis wt wyne scorde and watter.
And if ye matter Libe continewit lang go to sinn wt Chirurgian and scribe Help pucklis or all ye guttis will burne and fall out of ye bellie.

For burning wt fyre or watter.

Remedie.

For all kynd of burning or Scalding of ye fleshe occasionit ennes, be war at ye first yat ye sett no repercussyues. That is to say medicines of extreme colde for yat myght cause to dry ye feruent hett in agane into ye remand and so stop ye pettis yat it culd not passe.
2 of myght happin gritt inconbemente in ane gritt burning bot in ane small it culd not be so dangerond.
3 for ye best is ye first ane membre stor brint or scaldet as said is afoir Tak ane quantitie of bryne qlk is maid of watter and salt not ouer feirdny fyre or starke, bot of a midwy starkenes and scharpnes and wt ane clout or watter sponge Bathe ye membre wit bleide warme ye space of tyue or fourtene houris altogidder and ye langer ye better, for yat sall assuage mekill of ye pane oppin ye pettis and alsso cuse ye fyre to vapor and gif me yrith comfort to ye hurt membris and yan till anoynt ye place wt yis medicine following.
Tak oyle of Roissis mercat, scorit vrane of mille tua quhitis, lony half ane pt, mak inunctionit and yan anoynt ye sare.
Yis of syis is ane soueir ane gud remedie for all kynd of burning or Scalding.

Alia.

Tak stronge dongue als wele and recent as it may be had, fry it in oyle or lyeue or in seyne seame and wt ane Littill wake mak ane singulare gud ointment for burning and Scalding. Probatum est.
Note: Remember yat gt seruice beis had to ye sair in yis cace it suld be bleid warme.

Alia

And for vboyding of ane skar or mark efter ye sare alsso moyst wt medicine.

Alia

Tak salt and burne it in pouder and mix it wt ye quhyte of ane egg, cust yame weill togidder and ley yis upon ye sare place

tak ye grene

Tak ye grene rynd of ye Bourtree yat is betuix ye watter barke and ye tris stamp it and stop it in rayne or butter or mille and yrwt moynt ye sair.

Tak ye nie of ye toustis of hillok & lettis, homger and ye, wt a littill lome, make ane oynt ment yrof and keip for ane excellent medicine for yis and also all vyd kynd of sott rewming bleard

A lia

Clene watter and oyle olyue mixt togidder moynt ye sair yrwt is gnid.

For scaldyng wt ye fyre or watter ye nie of fow wt oyle of Roiss and a littill wax maid ad oynt ment and layd upon ye brint place is gnid. At ye begynding moynt it wt saip, and nan wt ye oynt ment forsaid to do lay to ye pane.

Tak ane omrom, cutt it ouerthort, spryng out ye nie yrof upon ye sam place, doe so aboue dayis and it sall heale ye brynning or scaldyng in fone dayis wt ont ony vyd oynt ment

A lib

Tak a cold Lard or labone of ane hog scayne, schop it small and setht it in strong gulte nomger ye space of tua houris, then tak it af ye fyre and cold it then tak ye fatt yat is aboue and myng it weill wt yre hand sa yat na nomger remain yin and keip it in ane irne pott, for ye aulder it be it is ye better and will heale ye sonar and gif ony place is brint moynt it yrwt and ye pane sall ceass.

Thaireftir tak ye lawis of ane hair, schop yame small ad is possibill and gif ye lube moynted ye sair wt ye creische, strew on ye hairis yrupon ad it ider spryce and lett it remaine so, and rowis it ad nocht bot mair bot tak it not of till it cum of of it self gif ye lube wt in sek or ouer dryid and ye sair healed wt ont ony marke or scar.

And nota That at ye begynning ye moir and ofter ye do moynt it, ye mair ye pane will abate and mair ease to ye patient.

Gif ye will ga ane ad bolond cure. Als sone ad ye brynning sall happin streip a littill lane of ane bair hog upon ye brynning meentmont yrefter, and ye sall rub it fayr ad it ider in ane frying pan and ye patient sall feill gritt ease, and ye pane will ceasse, and nocht to ony vyd at ye begynding thrie or foure tymis in ane houre and ye patient sall lukis gritt profeis yrby.

A lic

Tyle of eyrie and oyle olyue mixt togidder, moynt ye brynning yrwt and it is gnid.

For brynning wt fyre. The rynd or barke of ye elme tree beyng sudden lang in watter, coole it and gadder ye thick yat gois aboue and wt ane fedder moynt ye sair at morne and euin and it sall heale sone.

Bone all thyng is for brynning instantlie Tak ald fott watter ad may be thoillit and yat bath ye place yat is brint continew allis till tua or thrie watters be coullit and yis sall stanche ye sweabing and forthing of ye sair

Tak ye parring of ane apill that is weill thick lay ye fimer syde yrof to ye fott brint place at eam me bind it to all nycht and it sall do gnid.

A lid

Ane decoct of bountrie Layd upon ye sair is gnid for ye same.

De wortt me small brising of eyrie watter and salt and lay warme to ye sair meont ment after ye brynning is gnid.

Anfwing of ye

Chauffing of ye skin.

This disease maist condoulie callit melancholia yat be reasone. ffor in ye skaldes of ye heid and vnder ye eard it chances oftymes, yat ye skin fretis or chanfis. Ane cure at ye of ye eyelid cummis or for default of washing or bewrapping or scobbing ye eyldis ouer lott

Also it may happin to men in older age throw playing or ganging in lott hoddes, yat throw sweatt ye heid or feitt at smytten skaldit and ye hyde flayn.

Remedie

In all manor of aged at ye first begriding ye sall anoynt ye sair place wt frosche capons creische ingrid.

Ye liggis of ane hedder schip dryed and maid in fyne poulder and strowed vpon ye sair heald all chauffing of ye skin.

Ye fragmentis of scattord hedder brunt and maid in fyne poulder, and cassin vpon ye sairis is gud for all galling and chauffing of ye feitt of ane sound cunsit be.

Some moale, boure, moale, and moale maid of fitchet, all togidder wt oyle of keiss mak ane soueraine oyntment for ye same mentenent.

Tak ane little quantitie of alme, seith it in watter till ye alme be molt it and ye yat watter worth ye skaldit place at euen going to bed, and or thoa ryse on ye morne ye hyde sall be frozen or ygane. Probatum est.

Tak ye sair place wt guhyte irone and thaftir strow vpon it ye poulder of ane auld mosthane rotten tree and it sall dry and heale it.

Tak nolt is dongne burne it in poulder and strow ye same poulder vpon ye sair place and it sall heale ye chauffing of ye skin Probatum est

ffor chauffing or fleing of ye skin in ony pt of ye body, waist ye place oft wt hyt watter irone and it sall amend.

The Ringworme

Herisipilas is ye grobe word, in Latine it is named Crater ignis In Inglis it is named ye Ringhe & vs in our language it may appeir to be ye Ringworme. It is ane inflammatioun of ye skin wt exceiding burning and reidnes hard in ye feiling and for ye maist pt it creipis abone ye skin, or bot a litill depnt in ye flesche

Aetius callis it Spina because it dois burne and prick as ane thorne.

This infirmitie maist condoulie dois cum of colloir It is ane groboid pane and may be lychtlie ouercum in consumming It will creip fordwart in ye skyn and ay as it feallis befoir it breidis out befoir. This disease is maist condoune to childrene and young persons and is be ye condoun name callit ye wyld fyre or Ringworme

Ane thingis follow are gud for burning and skalding argud in ye cace.

ffor dongne of

Remedies.

The dongw of ane gaise temyt wt ye zolk and gnyte of ane zy maid in plaister and applyt to ye saire Cullis ye Ringwerme. Probatum est.

Oder dongw temyt wt oyle olywe and applyt in maner of plaister to ane singular remedie for ye Ringwerme

Alia

The grem of ane plowm traw dissolvit in watter draw it throch ane clayth and anoynt ye saire ydrt to gud. Alia

Swsserow and calfe temyt wt oyle olywe and maid in oyntment to gud for ye Ringwerme.

Alia.

ffor Ringwerme or Scab Tak ye rewtt of Enula campana, stramp and fry it in sowyr sowme, draw it throch ane clayth, mak ane oyntment ythof, keip it in ane boyst and anoynt ye saire ydrt Alia

Oyle of Roiss or oyle of violettis mixt wt zuthis of eggis and ye ma of plantane to gud to anoynt ye saire Alia

The Litill zellow Scrubm gle grouis abone ye stane in watter of stanbis cal lit Dorbis meatt. Tak ane thre Lundfullis, violett leaffis ane Lundfull, stap and tomy tymo wt oyle of Roiss, mak ane plaister ythof and layt ye saire to gud.

Alia

Tak Sape and poudor of ymgor temyt togidder and anoyntit to gud for ye Ringwormo.

Apostomis, Bylis, Brocchis.

Apostomord or bylis gle is ane ingrowand in ye flesche mony of ane manis bodie cumet of cattarous Lumors, quhilk be and gadderit togidder putrifiis and rottin wt in ye flesche, and yis brekis out wt ydrt dolloure and pane and will caus ye flesche to swell and bolden wt ydrt and burning Sault and mislamour and is callit condoulie Apostomes bylis or cattaris, and cumes of abundance of corrupt Lumors yat ssyis abone and proceidis and drisis dis maist condoulie fra ye breyne and fallis dom and brekis out in diuers ptis of ye bodie.

Sumtyme thir cattarous Lumors distendis dom from ye hid fallis in ye thrott and breidis ane disease callit ye Squynsie, ane golous disease, specifillie gif it breidis wt in ye Lufs is at mair perill is spokin in yis beuk before.

Sumtyme it will fall in ye armes Leggis or bodie.

Regiment.

The best remedie heirintill is to abyde ye full gadderyng and ryping yof and not to breik ye sdin before it be grouen to ye full maturitie and rypenes Bot to nocris and hald it warme During ye tyme of ye braidny yof and apply ony yto sic lyk plaisteris as is rist and probeik it to gadder and breake.

ffor if ye cattar apposteme or bylis be lancet cuttit or oppinit before ye tyme of ye full maturitie and gatheryng of ye matter it may apposteme and rondzeoll

ayme and yd

Agnus dus tym ye last sickbe als prouffitabill as ye first
Bot it bomy ȝe sall hue tryed and brokin of ye adem ibill Thir is not ellis to
be done bot to applȝ sic sawis and treattis to draw out ye mater and to purȝe
and clengȝe ye same
Whasoeuir ȝe sall se appostomis cattarris and bylis bomy lang in gadderyng and
prouffitabill in ye meanetyme nottesȝe is to applȝ sic tyngis as may ȝeist and
speid ye ymmors and to prouoke ȝame to rype and mityat ye pine als followis
And smittyne ȝe sall se dede lumpis gif ony ilk gadder vnder ye cetaris or in ye
flanbis ibill be ony ȝit mouffill and ȝit nocht brok not tyn bot bimself and
sall ane ay agane.

Regiment.

Quhen sic appostomis cattaris or bylis ar in breidyng or gadderyng ȝe must
eatt litill or nocht at supper, and abstene fra eattyng of hairbis, fra all fatt
and fatt meattis. ffor all cattarris cumis of indigestioun of ye meatt and be
feadynes of ye stomak Therfoir above all tyngis abstene fra fatt meattis
and ȝe sall be haill ȝe may vse ye dyatt and meattis as of before.

Remedyis.

To roste tyne ye cattar Tak fyve ȝolkis of ayrne and ye quhyt of ane
ȝeatt tyne togidder mak ane gargarysmont ybof and vse ȝe mouth and thrott.
ffor scalling of appostome Stamp ye rait of hilly wt butter or gaitt smyne,
mak ane plaister ybof and ly ȝe sair and it sall assuage and ȝeall it.

To gar bylis rott and speid tyme to breking

Tak garlik and fold, stamp tyme wt sayne saime mak ane plaister ybof
and ly ȝe bylis

Alia

Tak paddok stoillis, roist tyme and tomp tyme wt stampit tansy and apply
to ye sair ȝett. Or fry ye paddok stoillis in stamp tansy.
Or roist ane onyone ȝett and ly to ye haunsis of bourtrie stampit and tomp
ȝit wt butter or saym sayne is guid ly ȝe to warme.

Alia

Tak thick barme and tomp it wt vinegar and milk and ly to ye byle and it sall
breik it lycht lie.
Or butter and ait meale, tomp tyme togidder and ly to ye byle is guid.

Alia

Tak ȝolkis of ane egg tompit wt salt and ly ȝe to ye byle ȝairfoir it to breik.

Alia

Tak ane ȝuidfull of sourocke, fardle tyme in ane dobe ane loaf, roist tyme
vnder ye imers, mix ye ȝolkis of ane ayr wt and ly ȝe to ye bellie. Probatum est.

Alia

ffor bylis and brokkis breidyng in ye cetaris or flanbis Tak ane quantitie
of siggis, stiff tyme in watter, syne stamp tyme wt a little amidon and ȝet of ye
watter, mak ane plaister and ly ȝe and it sall ȝairfoir ripe and breake.

Alia

Tak stone of gulȝett and frostis stralling, stiff tyme togidder till they be thick
put ȝe ane portioun of frostis butter, tomp altogidder and ly ȝe to ye byle
als ȝett as may be sufferit.

Alia

ffor appostome in ye syde Tak wormett, callamynt, mynt, edmonyle wt ane
lok, fenȝeoulȝe, roisse, sage, cimyne and eridmet of ȝellȝett breid, stomp and
tomp all ye togidder wt wyne or frostis stralling, mak ane plaister ybof and ly
ȝe sair syde.

Alia

tak ȝe raittis

Tak ye rootis of fenbane and of mandrag, scrape and stamp them and wring them wt ye jobbis of thre eggis and add scharp or soyr vinegre, make ane plaister and ley to ye apostome is gud.

Tak roset mell, hony, wax, stampit and temperit togidder in ane plaister and applyit to ane apostome or bylle is gud.

Swelling, Bissing, Bursting.

Thir ordanis must condone to ane of ye tuo all or outward cause bid by ane fall, ane straik, or sum sichlik outward occasione or lyk.

Remedie.

To fastin ane bone togidder yat ar brokin, tak eggis and clasbell sliid, scrape them togidder in butter, stamp them well in ane mortar wt yat of ye watter make ane plaister yrof and ley to ye sair warme.

Alia

for ye same scorit mell, knyett, and scharp cruistie, sodden togidder and maid in plaister and applyit is verie gud.

Alia

for blaknes or blynes of ane straik or fall gif it is nocht tane away sliid be ane impedour tempit at ane fyre wt wak, make ane plaister yrof and ley to ye sair place is scheer ane medicine.

Alia

for bissing tak blak sanp lome and scheyne schynis, scrape them togidder on ane soft fyre make ane oynt mont yrof and moynt ye sair before ye fyre.

Alia

ffor swelling or Rumbilling Tak gromdm bone and scrape them well in watter, temper them wt scheyne schynis make ane plaister yrof and ley to ye sair and it sall assuage ye rumbilling. Alia

Ane flour of quheit temperit wt lome and emplastrit dar be verie gud.

Alia

Ane clatht of quheit and draggis of wyne temper it togidder and maid in plaister assuageis swelling.

Alia

Tak elecampane, grundswalle, Confery and cardy, stamp and temper them wt scharp vinek or gayt cruistie, make ane plaister yrof and it is gud for byrstyng.

Alia

Ane smeddome of malt knyett and scharp vinek boilyeit togidder and laid in plaister warme is gud Probatum est.

Alia

ffor bolnyng of bains yat ar brist, make and gayst cruistie stampit togidder and layd in manner of plaister is gud. Alia

And to gar ane thyng leap ye worbyng wyr make stampit wt scharp vinek and layd warme is gud.

Alia.

Ane mill and

A new bill and plaister To sell and assuage swelling Take of plantane and smoke dobbe ye leaffes and roottes and grinde, stamp ythe well in the mortar And to foure Ounces of ye Iuice, take foure yolkes of eggis, and temper altogidder wt ye of ye veyne of the Arme make the plaister yof and lay to ye sore.

A lia

For Scalm yat ryse of Coale, breake and blyme Take plantaine rippill Bruisse and straine ythe mayde wyne or ale frosse stalling, stamp ythe, presse out ye iuice yof and ye wt moyst ye sore And wett the lynning cloth in ye iuice and lay to ye sore And ye oft as it drys wett ye cloth and lay to ag[ai]ne. Vse yis oftymes and it shall draw out ye swell Immoyd. And it may ynde lay to ye sore Iuice wt ye of ye fire.

A lia

For taw or finger brisst Take ye fatt of the pozle yat is next ye sword tua the and ye third pt of violett Leaffes, stamp and temper ythe together, make the plaister yof and lay to ye sore ye till it be Ennd.

A lia

For Brissing Take the of wormett wt Lome and oidmyne, bonlye and temper ythe together wt oynt ment and lay to ye sore is ynd.

A lia

For all maner of scalling carby galt croisse and bigne marke temper it together and lay to ye scalling is ynd.

A lia

And if the wayne be cutt in twa Take rosett of Lilly stampit wt Lome and mak a plaister is ynd.

A lia

For blaknes or brissing of the streik or fall, specially if it be in ye face be ye almost sorde and oidmyne, temp ye powder yof wt mylk at ye fyre, make the plaister and lay to ye brisst place is ynd

Ye nose soft ester mixed of gutt mille stampit wt Lome Lyd to ye place and covered wt the cloth will putt away ye brissing.

A lia

Nota Take ye naill of ye finger yat is fallen away grose shortlye Take ye Leafe called penttafilone, or Cinkfoylye, stamp and temper it wt croisse, make the plaister yof and lay to ye sore place and ye nayle fall grose on shortlye. Ye if appostome or scalling be at ye rootis of ye nayll Take the white borne bring it in powder myxt wt blak sope and lay upon ye sore and it shall heale it.

A lia

For pine and worbing in ye throtis or stomak Take wormett and stamp and strik it in eyb of yose make the oyntment yof and taist it

A lia

For worbe or scalling in ye arme or ony place yat be lyke to boall and brose Take Lingett stamp and fry it in frosse sheip croisse, make the plaister yof and lay to ye sore this Lett is may be sinffed

A lia

For all maner of Bolmyng of gt sooer cums it be Take docks Dongue and wold scayne croisse stamp and temper ythe together and lay to ye bolmyng.

If horne or

If thorne or schab be myt sitt To draw it out, stamp allyrounzie wt smyrne
sume and ly3 t ye place and it will draw it out.

Cuzzildodie stampit wt soyne smyrne and applyit to ye sair drawis out ye
schab or thorne ly3 bonayrd.

Alia

For bolnyng or rumbling emmy of thorne, schab, irne or preine, The rud of ye
ache tongzit wt ey moabe and gaytis eggis applyit as plaistor is gud.

If scabling be myt bund, boir moabe and gaytis dongzie soddin in myrne
and applyit in plaistor is gud.

Alia

Carlis stampit wt soyne smyrne and applyit scalges all maner of bolnyng.

Alia

If ane man throch hurt or fall be brusit ly3 nt callis, wrap ly3 bodie in ane
wodder schyn lott wes schaw is excellent gud.

For Scabitnes and yrcheb.

This dissas cumis ethir of ye corruptioun of blud or of abundance of cochme
or of sum vaporous humors and must comonlie be sair to barnis and young folkis
quhair bluds ar lott

And if it happin in young and sowbing babis or in myt young zoomis it cumis be
reasone of sweit of lott or scharpnes of ye milk throch ye nurris salting of sair
and sugor meattis quhilk causs ye chylde to rub scott and yrche and yby incressing
ane schab callit of ye greikis pthora, quhilk dissas chancis to many after they be spayrit
ed procedyng of sair and brunt humors.

This cure yat differis in nane uthir bot according to ye age, for in ane sowb-
ing babe, ye medicines may not be so scharpe as in yame quha ar of mair age
And if it be ane young chylde, ye aucht to gif him no sygrit, salt nor sugar meatis
and in ane sucking barne ye nurris sall abstene yfra, and sesall not ye chylde ones
lott

Remedie

The ass of brunt ubum tree layd upon ye schab heallis it.

Alia

For scabbis in ye heid Take sothdoun auld sheip creische, soyne smyrne and
brimstane of ilk ane ane quantitie, Tempir yame togidder in maner of plaistir
and gyson ye haire schawin and clippit abay ye heard of ye heid ly3 to ye plaistir.

Alia

Ye fay ye sand tymgis, streyne yame and mak ane oyntment yrof, anoynt ye
schab and it sall heale schortlie

Alia

Ye naschie ye schab wt ye ind of mozellis and it heales it.

Alia

Take gaclis, syne tar, and galt creische, tomy yame togidder, mak ane oynt-
ment yrof and ygnt anoynt ye schab befor ye fyre thre or four dayis, bot not
all day togidder and it sall heale it.

Alia

take mustard

Tak mustard seid, stamp and temp it wt galt crosse & mak ane oynt-
ment yrof and anoynt ye sair and it helpis all maner of scrunft and scab.

alia.

Tak veill ane nettle grosen of leitt Tak violett plantane and mallvort leaf-
fis, stamp yame small, and temp yame wt quhytt of eggis and tarne of ane hirne
mak ane plaister yrof and ley to ye sair and it sall coill ye leatt.

For sair Eynis broken out Tak ye seidis of Smoir dowane and of dittane
stamp and fry yame in sterk creisse, streyne yame and mak ane oyntment
yrof and ying anoynt ye sair Eynis morne and eefin and it sall heale yame.

alia.

For scabbit Eynis Tak ye dokane roottis stamp yame small, sarde yame in
watter and ying wasche ye Eynis ostymis, and it sall dry vp ye scabbis
and heale yame Probatum est.

alia

For scabitnes and zoobe Tak ye roottis of dokane stamp and temp yame
in fresche soyne creisse, put yto ane quantitie of brunt stane in powder
mak ane oyntmont yrof, and vse to anoynt ye sair Eynis ying tayis or thrys
ilke day.

alia

For leggis yat brobe and rimis Tak ye schawingis of barbit ledder Eeddis
scald yame wonll in watter till they gross thik as geall, waschs ye leggis ying
and wirit ane Ludrig cluyth ying and ley abont ye leg and it sall assuage ye
swelling.

Tak ponder of brimstane put in ane soft roosted ey and suppod ont is gud
for to heale and dry vp scabbis, the same is also gud for wormis in ye nonis.

alia

For scabbit Eynis Tak smoir dokane fimus pro soyne creisse and man
butter temp altogidder on ye fyre, Mak ane oyntment yrof and ley vpon ye
scabit Eynis and it sall heale yame.

For auld putrifeid wonndis or sairis Tak selidone stamp and temp it wt
auld scherp creisse ley it vpon ye bleris or scabbis and it sall heale schortly.

alia

For all maner of scabbis or zoobe Tak onyone scheave yame small, sarde yam
in watter or vinegor and ying waschs ye seid sudrt sall doo away ye scab in ony
pt of ye body

Tak ponder of brunstane fry it in fresche butter and anoynt ye sair ying
for scabitnes and zoobe alia

Tak ye fragmentis of schoo maberis Ledder, sarde in watter, Tak ye salt yrof
fry it wt a littill quantitie of pik rossett walx mak ane excellent plaister
for ald scab and brobing out. Probatum est.

for Lellis in ye

ffor Sabbis in ye Lippis or Handis.

ffor Sabbis in ye lippis or Handis cumyng of cauld vomd Tak gūm arrabyk and dragant mak ponder yaf temp it wt oyle of violettis and anoynt ye lippis and it sall scale yame

Or mastyk frankincens nuces mak in oyle of Rois temp altogidder mak ane oynt ment yaf and anoynt ye Handis and it sall scale yame.

Or anoynt ye Handis wt rosmarine milk and it is gud.

Or fart creisti temp it wt aquabite is gud for Sabbis in ye Handis or lippis probatum est

Nota

For ye ebe and scabitnes of ye bodie Tak ane gallone of salt watter and seith it in thre Landfullis of ezūnes of seaverand gulyt brod and wasche ye bodie wt yat watter tryse or thryse.

Or wasche ye bodie in ye sie tua or thrie tymis

Or tak be ane mand of popill seid ane sorte it in gulyte wyne or vrmeyar and yat wasche ye bodie thrie or foure tymis

Or wasche ye Sabbis wt aquabite it pittis yame away.

Canker, fistar, follone.

Canker is ane Melancollie apostome yat vittis ye lettis of ye bodie, albeit sumtyme it semeth as semouth and is called a canker because it spreds furth lyke ane crabb. Ye beginning gulyn ye cankerd place greues blak and blay about tyrock fowll bleid: putt Lock Leiches upon it to soake ye bleid is gude.

To knaw Canker fra ye fistar.

The canker has ane wyde foill wt out and narow wt in

The fistar be ye contrary has ane narow thrill or foill wt out and wyde wt in.

The canker has nain bot ane foill, and ye fistar has mony foillis.

Remedies.

ffor ye gouth fistar Tak ane young gyrsip, and gif ye sore is gone doun, open ye gyrsip quick, ane spreid it fatt and lay to ye sair, sua yat ye gall of ye gyrsip may ryn in ye sair. Bot first wasche ye sair wt ye wyne of ane chylde: Iff it be ane man wt ye wyne of ane man chyld, and if it be ane woman, wt ye wyne of ane maidin chylde, and fatt ye gyrsip ly yat ane nycht albeit it be sare to suffer and doun ye morne before ye sone rys tak it away, and vse yis thre sindrie tymis wt sindrie gyrsipis

And syne tak flour of quheit ye gris of ackis ane lang temp altogidder mak ane plaister yaf and lay to ye sair and thre nychtis

And syne tak meale of barleid crustis ane cup of rib ane alyke quantitie ane lay to ye sair in maner of plaister.

For ye gouthfistar

ffor ye gout fistes Tak ackes plant me walwort and elfe bmwort, stamp yme and tak ye wt yof and tomp it wt flour foym and yelkis of eggis and lard of babone work it well bot me ye hand till it be stiff yn putt it bot me grone call blaudis and yn weird lay it to ye sare m maner of plaster This is also gud for wemdis

Alia

Tak wolfard wt ye rottis, stamp and tomp yme wt seeye sayme and lay to ye sare m maner of plaisters is gud for ye same. Alia

ffor gaitfistes yat is cald and maled small feilis Tak and of sparwort yelkis of eggis and ry meale tomp yme togidder and lay it vpon and lay and lay to ye sare and lett it ly yat till they be nesche and soft it fall away it allane And yn if ned bid lay to anewyf on ye same maner

Alia

ffor gouttfistes yat is fott Tak ry meale and tomp it wt foym, mak little cailes yof, and ly vpon ye feilis of ye gutt and lett yme ly yat till they be nesche and soft, yn remove it and lay to anewyf and do sa till it be hole.

Nota Alia.

To bnais fistes by canbes, Tak fresche eyid and anoynt it well wt foym lyng it to ye sare al nycht and on ye morne tak it away. And if ye eyes be eatin or consumed away then sall ye know weill it is ye canbes.

Nota in ye canbes, ffe ye bame be blak, yt is no remedy, bot to cutt of ye bame flesche and all, specialliw if it be in ye armes or leggis.

Canbes.

ffor Canbes tak ye patients oone dongne and lay it fott vpon ye canbes, ise yid tyme dayis, syne waische it away wt lie oone strallany, and dester mak powder of lie oone dongne and strow yon till it be dalk.

Alia

A ne rotten fonnid of broken and lyd to ye canbes is gud.

Alia

Tak norgrass bray it in ponder and putt it in ye wound and it cattis away ye dead flesche and frith of wemdis or canbes.

Tak ye self man oone dongne, burne it in ponders vpon ane fott tyld staw then tak grimdin poppes and norgrass mix altogidder alyke quantitie, cast it in ye wound and it amonds ye canbes

Alia

The steddis of hors hovis brynt in poudes and strowit on ye sare is gud for ye canbes

Alia

Carby stampit wt foym and laid to ane plaisters heales canbes.

If canbes be in ye nose, first mundifie ye place wt gulyie wyne and eschs alone, and if yt be dede flesche, corrode it wt poulders. Then tak foym gulyie of eggis and beir meale tomp altogidder and make ane plaisters.

ffollonn.

ffor follonys tak leabened breid maid of gnfeat flour or of ry flour, temp it wt womans mylk and ley to ye sair it is gnd.

alia

Tak mato follow ache & cok and finkill, bontyis y mes mall or nyne and drink is gnd more and more

alia

fimens tozis and marygnlds sodon mall or nyne and drobon il gnd

alia

Tak beir meale and sorll mwort or milk, mak ylof and plaistor and ley to ye sair and it rottis and elongis it.

alia

Tak zolkis of eggis and gais dongne, temp y mes togridder and ley to ye sair all sott at may be suffred is gnd.

alia

To draw out bemones of follony Tak and rub cobe and ley ye arse of him sott to ye follony and hold ye cobs mouth eloiß yat na and cum out. is dryis thre sindrie tymis and it drawis out ye bemones.

alia

Tak flour of beir meale gaitt milk and stelp eviss, temp all togridder on ye fyre, mak ane plaistor ylof and ley to and it helpis follony and kankill boly.

alia

Tak viij eggis temp y mes wt a gnd quantitie of clene salt and ley to ye sair is gnd for ye follony

alia

To salt tryakill or mak ane plaistor ylof and ley to ye sair is gnd for ye follony.

alia

Tak ye gallyt of ane craw or tongis it and cassin wirk wt salt and applyit in plaistor is gnd

alia

Tak sap mylt and tongis wt a littill salt and applyit hailis ye sythis and follony, fleome, or wyld sair scallon fingar Caistely.

ffor warttis or bornes.

The seidis or ye heidis of onyis and stampit wt hony mak emplaistor and applyit putt is away ye warttis.

alia

The gwm of ane cherrie tree mylt wt vinegar and anoynted putt is away and destroyis warttis

alia

Orpyment tar and french ship all mylt toygidder is oyntment is gnd for warttis.

alia

Tak ye willow tree burne it and tak ye asse yrof and sorll it in vinegar and ley upon warttis it causs yame cum up and ebb be ye warttis.

Tak ane ye warttis wt ye nis of pispy or of littill yed rub & or 3 tymes and thay sall wear away

Wod lyne leaffis stampit and layd towards warttis putts yame away

Cyrymony

Ogrymony stampit wt wmegor, and ye wd, layd wpon ȳ wd puttis away warttis

Alia

The blaid of ane dog gott neȝe ane and layd wpon ye warttis ȝ ȳwd, als sone as it is dry neȝe away ye blaid. To ane woman ye blaid of ane doe.

Tak earth tomȝe it wt ye wryne of ane dog and ly wpon ye warttis and thay sall dry wp and consume away. alia.

To tak away warttis or ȝornis growing wpon feit and taw Tak ye leif of doe and poik away ye vtterwest thin eynd or struffaw and yan ly it wpon ye wart or ȝorne and yat it ly tawse ȝ wpon, wsand ȳis twys or ȝe tymid at morne and eftyr and thay sall weare away sa yat ye sall feil it na mair.

The ȝarbe callit Scorpius stampit wt a littill salt and applyit ȝairtis warttis fall out

For ȝornis growing on ye feit ye dongwe of ane gaiter tomȝit wt wmegor and applyit alsa fatt as may be sufferd is ȳwd.

Alia

First clip away ye heidis of ye warttis, syne rub ȳme wt ane wnwattor and ly salt, or wt garlik and ly salt stampit togedd wse ȳis 8 or 9 dayis and ly ouer ȳme a littill plaitt of lord. alia

For ȝornis in ye feit first pair away ye ȝorne wt a scharp knyfe till it bleide Syn drop it full of wid is ane fatt fat ly ȳwtill it be consumed and do ȳis ȳme ilk wne if need beis

Ane rheid of ye hird of garlik roistid and layd to ye ȝorne will mylt is ȳwd

The Mosellis.

The Mosellis in ye feildis are callit in latine Formonel and thay proceid maist condoulis of colde.

Remedis.

To vaste ye feallis ostymis wt fatt watter Syn melt schip candyle and drop ȳwtill syne smoare it ouer wt tar, wse ȳis ay till it be fall

Alia

The lichis of ane tupis schip fatt mak ȳme and ly to ye sair is ȳwd as sayis Alwein.

Alia

The moise of mwis quick and layd to fatt is ȳwd.

Alia

Tak ye birdis of nettillis guddest in harbest and sodden in oyle olyve or scayne sayme, anoynt ye feallis ȳwt and it sall do ȳme ȳwd.

Alia

Roist ane apill and stamp it wt butter and ly to ye mosellis fealdis it Profectum est.

stud my or

Standing or falling of ye heare.

To gar Haire grow Take blak snaillis burne thame in powder mix it wt hony and anoynt ye place and ye Haire sall grow

Alia

Take ye mid of ony mis, ye mid of millictrie leaffis, ye powder of snaillis, temp thame wt hony anoynt ye place yat nid ye is na medicine sa guid.

To gar Haire grow gif ane is Take ane mys, putt thame in ane litill pott wt a penitrie of hony, clois ye mouth of ye pott weill, sett ye pott in ane deep hole in ye earth under ye heath gif ye fyre burnis daylie and lett it stand ye twa fyue nichtis then tak it up and tak ye oyntment yat is thair in, and wt ane spone putt it in ane glass and beware ye hand touchis it not, in aventure Haire grow on ye nailis, and gif ane anoynt yat oyntment bot hand yai ye Haire sall grow

Alia

To gar Haires grow gif ane nid hes bene Take mony beetis, put thame in ane new Layne pott, and burne thame in powder Take ye mid of Cornelitrie small ache hony and of beelyes temp all thir togidder and lay to gif ye bald thair ye Haire grow

To mak Haire yallow Take caill stobbis, dry and burne thame and wt ye ass thof mak ley wt watter syne tak flouris of broome and mix yat wt and yair wt wasche ye Haire

Ffor wormis yat gattis ye Haire yat it may not grow lang Take ane ley lauf gott new cumin out of ye oven clenfit in tua and lay to ye Haire and it slayis ye wormis

And if ye bird speik Take nettil seidis stamp thame wt hony at midnicht rowis and anoynt ye bird weill

Alia

To gar Haire grow Take ye hony of ye wyld beis, temp thame wt ye thair crosse anoynt ye bird yat and ye Haire sall grow

Alia

To rub ye bird off tymes wt ane mid is guid for bald men for it garris Haire grow Probatum est.

Alia

Temp hony wt rose and milk yat bird nor Bruik barne anoynt ye place yat yard Haire grow

Alia

Ze thos ye brewillis of roall nuttis and lay to ye place is guid.

To distroy haires

To putt away or destroy Haire Take smottis, eggis, stamp thame and tak ye nin yof and gif ye shame is laid puttis away ye Haire.

Alia

Horss leachis brunt in powder and temp it wt vinegar and land upon ye place puttis away Haire.

Seem followes of heare.

Aborne haire and yallow haire cumes of a gentill nature yat grow upon a guid complexion gif is blud.

Fleyone Haire is ingendrit of fleume.

Reid Haire is ingendrit of abundance of gross hmour namelie of gross blood.

Blak Haire cumes of collerik hmour nixt to melancholy hmour.

Grey Haire is cumes of defect of nature all tyme or of corrupt fleume

Quhow to mix ane bird nor lord, and how ye aborne haire is hid pour gif ye sobeit cumpone

of ye shaving

Of ye sweatting sickness.

Sudor is ye Latine word, in Inglis it is named sweatt
There is diverse kynds of sweattis, ye one cumis be labour, ye tother may
cume be sickness and yis it be sett. And yis is one kynd sweatt yat is dolo-
rous, ye yat is named ye sweatting sickness.
Sum sweattis dois strik, and sum not.
The cauis of yis impediment of sweattis, may cume by Eirth or corruptioun of ye air
or it may cume by ane persone infecting or smitting ane tother or ellis by labo^{r} or sickness.

Regiment.

ffirst keip ye patient not ouer hett nor ouer colde, bot in temperance. And lett
him not cast ouir his armes, feitt, nor leggis out of ye bed. Lett his head be co-
vered and his face open, and keip ane fyre in ye chalmer be ye tedder nocht so
kleitt, and nocht no meitt for ye first viij houris, except it be ane aill berry, drinke
warme drunk, and no wyne. And ouerthwart yat it possibit drenge ye tyme
of ye sweatting lett it be passant and soubet throw ane reid, and they yat be
not infect, lett tyme be tuke of infectious persones, for yis sickness is infectious
and my yat cace may be compared to ane of ye kynds of plagues.
And ifi sweatt cum of ye eistand it dois cum of trublit of bleid
of blood
Nota ye yat grocis deaf in ane kleitt feaver, if ye bleid at ye nois ye sall
recover yis hearing

To stanche bleid of woundis.

The bleid fisthalle groning on ye earth oppynnit and kepit tayr wouñd stanch-
eis bleid.
The dowppis of fusingis or fir fyngis stellis yat birdis ses bone in bryn-
stane sett in ye wound stancheis
The ponder of brunt nettill dois lykewyis.
Alia
If ane wayne sweall after bleid letting: make ane plaister of milk, flour
of quheitt, and yorn and ley to ye wounde

ffor Woundis.

To draw out ane arrow ird out of ye flesche: writt ane tent in ye ind of
balsame, and putt it in ye wound, then stamp ye herbe and ley it upon ye
wound and bind it fast, and it sall draw out ye fyre.
Alia
To draw out ony thing yat stick in ane flesche as thorne or sicklis, Tak
ane peice of ane ruittar sponge or of wolk, writt it in vynegre and ley it to
and it sall draw it out. Alia
Tak ane peice of Laird of ane sowne, and writh it in ye crosche of ye same
sowne, bynd it to fast to ye place and it will draw ony thing yat stikis in
ye flesche: Alia.

to draw out ane

Alia

To draw out ane thorne or arrowshid or sparrowhid out of ye bodie. Tak ye rwittis of ye reid yat growis in Inschd m ye rwatter quhair it is growne, stamp it and lay it to ye rwound ane it will cum out but pane.

Alia

To draw out thorne or irne of ane beast, tak of Cytymony tua ȝitis and of dictanne ane ȝot, stamp and tempr ȳme rt creisthe of ane royll catt mak ane plaistr and lay to ye sare.

To saue ane rwound man rt sword or knyfe tak ye hairbe called tupid Barbatus, frist rwesche ye rwound rt guhyte rwyne, syne stamp ye hairbe and putt ye iuce yrof m ye rwound and lay to ye hairbe abone it, bynd it fast to and lett it ly yat ane day and ye sall see ane rwonderfull effect.

Alia

Assa fetida lyis to ane rwound yat is mad rot ane Invenomit rwapon will clenge it

Alia

If ane flesche be growne ouer proud m ane rwound tak ye luggis of ane Schip gett ane stane and lay to ye rwound ane space ane ye flesche sall be equall rt ye skyn.

Ane gud plaister for rwoundis Tak soyne symer, ry meale, lome and rwyne, stik ȳme altogidder mak ane plaister and ly to ye rwound till it be hail

Alia

To knaw by ane rwound m ye bodie if ye tay of ye garne be broken or not putt lome m ye rwound, and if ye tay be broken it sall cum to ane mouth rother rwyis not.

To gar flesche grow m ye rwound Stamp ye rwitt of eggis and temp it rt Schip croische, mak ane plaister yrof and lay te ye rwound and it sall heall it.

Herbis gud to mak salvis for rwoundis.

Plantane, Offrois.
Rippill, Depy.
Bamrozt, Pettone.
Burnett, Valeriane.
Abone,
Vettone,
Rondschill.

Tak thir herbis or ony of ȳme, stamp ȳme small, ȳn fry ȳme m soyne or m fresche butter, draw ȳme thrt ane clayth, putt ȳto a littill wate yat be weill mand, boill all a littill on ye fyre, putt it m boistis and keip till neid beid.

Alia

Dyle of Appericone is gud for rwoundis To drop m ye rwound or rwith ane tont ȳrm and putt m ye rwoune Probatum est.

Alia

The yolkis of eggis, salt, sanp, stour, and hony all temp it togidder mak ane gud sals for ane flesche rwound. Alia

For rwoune m ye heid and ye garnes be broken, drop oyle of eggis m ye rwound and ly ye yolkis of ane egg rwpon ane clayth and ly to abone, to hald all fastnit and

Ye barbost

To bark of Eald thorne trie stampit wt rord wyne and layd to & round out ane thorne in ye flesche.

Iff yr be dead or rotten flesche in ane wound or ony sair, mak pouder of coprois and putt in ye wound and it sall eitt thout and elonge ye wounde of ye camber.

Alia

Ane plaister for ane grene wound Tak flour and mille ane sorte yame togidder, tonge it wt quhyte of ane egg and ly to ye wound will keip it fra trubling.

Alia

Iff ye wound be loosit abone ye not sair wnder Tak be ane meikle quhyte of ane egg and fors tonge altogidder mak ane plaister and ly to ye sore

Alia

Iff ye wound will not leis bleding ye bladis of wnsett Leikis fors and flour all tongit togidd and layd colde to ye wound fe will stanche ye bleding drabs out ye birsit blood and makit close

ye leaffis of prymrois stampit and laid to ye place yat bleidis will stanche ye bleid.

The palpis.

Iff ye palpis be scollon Tak docis dongus and vinegar, lutt yame togidd on ye fyre and ly to ye palpis in maner of plaister and it is gnd for scollon palpis.

Alia

Lint seid lilly rosit sodden in soazitt milk and applyit is gnd for ye palpis yat is scollon.

Alia

Iff ye palpis be scollon forouer gritt abundance of milk Tak drogis of vinegar and brygne bak tonge yame togidder in maner of plaister and ly to ye palpis.

Alia

Docis dong fors bak all tongit togidd in maner of plaister and applyit to ye palpis it puttis away all p̄me and swelling ydof

Alia

Iff ye palp be brokin and Tak lonk, yolkis of eggis flour of quheit and sayme shame, tonge altogidder in maner of plaister and ly to ye sore palp and it sall assuage ye p̄me and elonge and cure.

Tak Lenbane stamp and tonge it wt fresche crosche or butter applyit and plaister and it helpis all working and p̄me in ye palpis

Iff ye palpis be grit wt superfluitie of milk in ye beginning plaister yame wt Lint and ly on wt ye gyd beanis, or wt quhyte of eggis, or wt rosit sodden in vinegar.

Ane onsyt yame wt oyle of Rois; for all ane elonge heiff ye scollon and Inflam of ye palpis work.

Alia

Lint sed boyld wt lang and ly wt Rois and ye palpis

ar cur[illegible]

Alia

Yr caull zeittis, mynt and be-mo mealo ſodden m gayitt milk mo applyit all yr locoſſ ye milk and helpis mekill

Alia

Iff ther be follom m ye palpe or canker Tomy gayittis Dongus vt gelythe royne and lay to helpis gritlie. Alia

Rose stampit and temyt vt Tomy and glaid m plaister is gmd for ſaur palpis.

Alia

Ye zeitt of ballidoit stampit and temyt vt ſayne ſeame and maid m plaister is gmd

Enula campana zeitt ſtampit and temyt vt Tomy and applyit colde to ye palpe is gmd.

Alia

Aggris stampit and tomyt vt freſhe eroſſhe maid m plaister and applyit als hott as may be ſuffered aſſ couged ceaſſing and pane of ye palpis and laſt it to breik.

Alia

Selidone and guiſe dongus tomyt togidder and laid to ye palpe Is gmd for canker ytin.

Copitt aclay milk.

To mak woemans palpis ſittill and dry knitt milk. Stamp Enim lokis vt Iuneger and lay to ye palpis and ther ſall groe ſittill and vt out milk.

Alia

Iff ane woman anoynt her palpis oft vt ye ine of Cuttoy ſe ſittil mak yime ſittill roind and hard and ſt ther be lungyng and flaggyng, it will draw yime togidder as it wer ye palpis of ane maidin

To gar milk groe and increſs

The inis of beraine or ſinbill oſtymd drokin increſſ milk m ye palpis.

Alia

Rose ſodden m zeitt milk vt crummis of zeitt breid and roſted vt a littill ſuccour increſſ milk m ye palpis Probatum eſt.

The zolkis of paſnep zeittis of ſinbill ſodden vt mackelyne and eatin vt freſhe butter is gmd

The thingis ar gmd to increſs milk m ye palpis.

Almond, ſinbill ſeid, nacchoid, Tomy Lettus, beittis, myut, carrott zeittis, paſnep zeittis, ye moder of ane cow or ſtreip, zaittis mulk blanſchid almond, ane bocris tongue dryid and maid m poudir, potchid zyit ſaffrone, ye inis of ane roaſted meall drobin.

Note Ane woman yat be blak of colloure ſal mak abuis ance of milk, and mak nocriſh and, nor ye woman yat be gayte ane fair.

pocht meaſſ

Pockis Measills.

This disease is common and familiar, called of ye greiks be ye generall name of Exanthemata one of plane papule et petute exan-themes Notwtstanding be ye consent of writters they mak a distinction of it in two kyndis To wit variola ye measills and morbilli call ye small pockis, they ar bayth of ane nature and does proceid of ane cause saleing yat ye measills ar ingenered of ye mislaid me of ye blood. And ye same pockis of mislaid mes of blood mingled wt collor.

The signes of yame bayth ar sa manifest to sycht yat they need no seidar declaratioun ffor at ye first sum lasce and tpack and scalling of ye skin as if it had bene rubbed wt nettills, pane in ye hed and in ye back, ye face or rede in colour and sclerbod, soare in ye throp gritt thrist soirdnes of ye wyne, boatting of ye tempills, stalking and pricking thrach all ye bodie, And yan gn they be brokin out they be sene of diuers fassions and formed, Sumtyme as it were a dry skab or lepry spreading ower all ye membris. Uther quhyls in pockis and bylis rysing wt gritt corruptioun and matar and wt gritt pane of ye face and thrott, dryne of ye tongue, lasenes of ye wocis and sum gnibbing and trymbling of ye hart and sowning.

There ma of yir seikll effectioun ar reherssit of Authors to be eschewit fore. The first of ye suppostit gre my be corrupt in ye wombe of ye mother ye child being ill and resaueing nuto ye porris the gre at yt tyme for debilitie of nature culd not be expelled, Bot ye child afterward mesing in strouk or dryben out of ye bayne wnto ye vtter most skyn

Secundlie it may cum of a corrupt generatioun That is to sy gn it was ingenerit in ane seikll season ye mother being seikll of hir natural infirmitie ffor sic as ar begotten at yat tyme wary sondrie efter ye danger of lepry.

The thrid cause may be ane seikll dyet of ye nurys or of ye child him self as gn they feid upon meattis yat meresk rottin Ennoro as milk and sklych boty at ane meale ane lybrary of eitting and drinking ane surfett.

Fourthlie It may cum be ye way of contagioun as gn ane seikll person infecty ane uyr and me yat case it hes gritt affinitie wt ye pestilence.

Remedies

The best and maist sure help in yis case is not to medle wt ony kynd of medicine bot to let nature work hir operatioun Notwtstanding if they be thair in erinding furth It sall be gud to gyue ye child to drink sodden milk and sussrone and to keip him cloyd and warme gr by they may ye sonar brek furth Bot be war yat in no cais ye lay to any plaster. gll myell and vapreis ye scalling of ye skyn or to cuill ye hait yt is wt in ye members. ffor if yis cause gll suld be expelled by ane naturall actioun of ye body to ye lany hailth afterward of ye patient, war by forces of medicine contrair or stryben in again it war aneugh to destroy ye child.

To vtter ye skyn bryde ye scalling out of yame, And if they be not ryp, ye may cause ye child ping be making a bath of holly hobs sowbill and camo-mylis Bot if they be ryp and mater Tak tab smek wormell and sage

and scalld yame

And ſcith ȝame in watter into ye tyrid ȝet. ȝe may bath ye eȝldo wt ane ſmall lynnyng claith or a watter ſponge, prouyding allwayis yat ȝe tak na caare duryng ye tyme of ȝis ſeirbnes

The royne ȝat is ſeggis ſed bone ſoddon in fa ſmyrnia ground in ye ſame eace and may be weill vſed all tyme and euer

If ye pockis be ontrageous and great, wt mekill corroſione and vemone ſum dois mak a decoctione of roſis and plantane in ye watter of ailbo and diſſolues wt a littill fyne hony and camphor.

And it is gud to drop in ye patient is eȝis ſyde or ſe tyme in ye day a littill roſe watter or ſmbrill watter to conſort ye ſpreit leaſt it be hurt throw contenuall ydning of matter This watter muſt be gritfin in ſomeris calde and in vinteris it ſuld be applyit lew warme

The ſame roſe watter is alſo gud to gargle in ye mouth if yai be pane in ye thrott.

And leſt ye condyt is of ye nois be ſtoppit it ſalbe expedient to lett ane ſmall oſtrymet be in ye watter ſponge vorth in ye nid of ſalvery ſtrong vinegre and a littill roſe watter.

And to tak away ye ſpottis and ſcarris of ye ſmall pockis and meaſills The blude of ane bull or of ane hare is mekill conducit of anthoni to be anoyntit ſott upon ye ſcarris.

Ye droppyng of ane ſtean oſtrymet laid upon ye place ſett is gude.

The Navill.

The Navill is callit umbiliend in latine. And is yat ȝet ȝe by ye bairne is foldin and fed in ye mothir vombe is ſayis Conſtantine. Quhilk is compoſed of ſemond and vaynis And by ye navill ye eȝlde in ye mothir vombe is fed and nurriſchit. And as gregorius ſayis, roſſaceis ſeidmg is tryis and plantis dois by ye vaillis ye humor of ye earth ȝe thay grow. And ȝan ye eȝld hes delyvit of ye mothirs vombe, ye navill brokin and cummis furth at ye eȝlde and is cuttit and bomd. And eȝldrene grouis by ye navill as it vere ane ſpill growand on ye tre be ye ſtalk.

And ye gemtallis of vemen bomis ſett in ye navill as ye gemtallis of man ar ſett in ye loynis.

In ane eȝlde cattle borne and tender ſumtyme by cuttyng of ye navill or neir or at ane inconvenient ſaſone ſumtyme by ſaddlyng or bindyng amiſs or of mekill eryng or of ſeiſtyng, it happinis yat ye navill aryſis and ſwellis in gritt pane and apoſtemacione.

The Remedie yof eſtend not mekill fra ye cure of vyf ſoleris or ſanis, ſuffyng in pid. That ye muſt to apply tyngis of ſik attractione or drauyng yam in mair vyndis of ſoleris.

Remedie. ane

Remedies. Ane oyntment.

Tak sypbo or Lybonder Lasf and vnce, mak it in poudor and tak 3 vnces of fyne and clen tarpentyne, tak ane portiom of oyle of sweit almondis mak ane oyntment and use it. Alia

Iff it cum of eryng Tak a littill braue mosle, and ye asse of tyne small lyming clowttid brunt in poudor temp yame tak rod wyne and hony and lay to ye sar.

Alia

Iff ye nabill scott, Tak bocis dongne and dry it in poudor, beard moll braue mosle of ilk ane a portiom, fus of knot gras a gud quantitie, and tak a littill cummyne in ponder mak ane plaistor and lay to ye nabill.

Alia

Bocis dongne sodden myd mill of ye sime coo and applyit to ye sar warme is gud

Iff ye nabill wacis and bayneis Tak oyle olyue and watter alyke quantitie and temp yame togidder till they be thick, spred it vpon gilyte leddor and apply warme to ye nabill and bind it fast yto.

Alia

Iff ye nabill cum furth of eyldstone Tak small lyming clayth, burne it in poudor temp it wt oyle olyue and lay to ye nabill is gud.

Iff ye nabill of ane barne, gyll it is cuttit, tonche warth or it be brynt, he sall not be abill to hald his watter natyr nycht nor day.

for creabit Sermond.

Tak fus of wormell wt vmyger and seyne sayme mak in oyntment and anoynt ye place vt helpis sermond yat ar creabit.

Alia

Tak ernell stampit and sodden myle olyue and anoynted is gud for werking of ye vlcus and sermond. Alia

Tak seid of Mustard stampit and temyt wt seyne sayme is gud to anoynt ye sermond yat ar hurt or stramyt.

Alia

Wodbart stampit maid in plaistor and applyit helpis sermond yat ar drawen togidder

Alia

Wyld nep rasitis temyt wt seyne syme maid in oyntment and anoynted is gud for sermond yat ar stroken or creabit togidder or cuttit it mak yame soupil

for fatnes about

For fatnes about ye hairt.

Tak ye mis of fenkill and fenny, seith yame togidder till they be thick and eitt yhof mornw and evin and it sall putt away ye fatnes.

A lia

If mirrh terra stampit and seipit in aaw gilay and drabben in ye morning in gnis for ye space to be vsed in Maij

A lia

To mak mon leyne, seith fenkill in well walter, and drink it at morne and evin, and in a litill quhyle it sall leave no crois thr.

A lia

If fatnes cum of gross feeding and gritt drinking, use mekill pepper baith in meattis and drinkis, use purgac mis and laxatiue meattis and use labour and exercise of ye bodie in open ayre and temp at meitsr.
Nota if fatnes cum by nature yis no remedie.

A lia

To mak ane man sklender yat is grawin, Let him sitt thrie or four elokis of gaislik in ye alse mekill broade ane butter cheise morning and evening first and last natsr sitting nor drinking thrie or four houris after ye taking yhof in ye morning for ye space of twa dayes at ye least and drink ilk day ye drinkis of ye decoction of fenkill sodden in watter at morning noone and night.

GGG
GG

To gar ane man sklip till he be sklarne.

Tak of ye gall of ane sceyne thrie spounefull, of ye mis of fumbok xxiiij a quantitie, and thrie spounefull of hynegar. mix all thir togidder, putt yame in ane vessell of glass and keip yame, and qn thou wald sklaare ony man Tak of yis licour ane spounefull, or if thou wald have it strong tak twa spounefull, and putt it in ane gallone of wyne or aill. Than tak ane cup full yhof and gif him to drink and he sall sklip sone, than sklaare him as yow will and he sall not feill it. Tak to ane man ye gall of ane gayitt. And to ane woman ye gall of ane gilt.

to keip me vpright

To ioyne togidder brokin bonis.

Mugwort stampit and maid in plaister clengis wondis and festnis brokin bonis.

Alia

Consort stampit and maid in plaister and applyit helpis to knit togidder brokin bonis.

Alia

The rute of ye grene sarne callit folie stampit in plaister ingnis for brokin bonis.

Alia

The nis of ye leaffis of asch̄m trie with malvis consort oyle of myr gulettis of eggis ernst of ane millne sanguis dracomis all thir stampit and maid in plaister haillis brokin bonis marvelonslie

Alia

Ane plaistor maid of ye croppis of brome and applyit knittis bonis and sennonis togidder.

For ȝeaking worbling or swelling in ye stoldors armes or leggis not cumand be hurt or myt exterior cause.

For worbe or swelling in ye stoldors or feitt Take reid wellwarss stamp ȝame small ȝne putt ȝairto in ane pott wt tryed barme clottis of ingsit and stoip croistis Seith altogidder tryed lay it on ane lynning clayth and lay it to ye sair all nycht to se it ostir if need beid and it sall do ynd.

Alia

If swelling be in ye feitt stamp mugwort wt aeble soyne singrie and barme and apply warme to ye feitt is gude. And is also gude for worbling in ye sennonis or wrystis.

Alia

For swelling in ye armes soyne and milk togidder and applyit is gude.

Alia.

For swelling in ye armes or stranglis. Camfolie, droggis of aill, clattis of ingsit and stoip croistis all tomyt togidder in plaister and applyit to ye sair sall is gude.

Alia.

For swelling in ye knees stampit wt salt and soyne and applyit as plaistor is gude.

Alia

All soddin tryit to be tryed and applyit sall to ye sair stelpis all yrkning and sair nes.

Natura

Natura.

Natura is ye Latine word. In greke it is named ϕϒσις.

This is ye nature of man, wch is ye cherf and principall bloode of man and it doth change in gilytnes wn it doth come in ye condyt of ye stomk.

The nature of man differd from ye seed of man althot they be conioynd togidder. ffor ye seed of man is lyke ye seed of wyse wn it be soddon, bot is not sagutt, and yat is in ye nature of man wch is gilyte and thick, bot out wch can be no procreation, and it may waist and consume or be putrifyed

The cauld of yt infirmitie of nature do waist and consume. It comes throw sum sekenes. And if it be putrifyed it doth come throw corruption of ye blode.

Remedie.

ffirst seale ye cauld That is to say seale ye sekenes and chainge ye blode and all thyngis yat are scabill and nutritive doth meross nature.

The rawill or seed of nempsez yat beatis ye gilyte flonz bonyst broken bynd up ye seid of man.

To saull ye wesshell in ye nature lyke if it be broken Take ye yuffoll or coppis of aikcornis dryed and brayed in fyne powder and spoonfull yat mist not warme all and broken in ye morning is gud and ly ye bed ane hour or tua yaftez.

To bynd ye nature yat is loose The rawill or tormentill stampit and soddin in word into ye thridzet and broken fastand is gud.

To augment ye seid of man or woman and furder generacion The labir and stomk of ane young gryse wch is ye first birde of ye dame dryed and maid in powder and broken in wyne is gud for yame yat be impotent.

Lia

The seed of ye tyrissill ostrynd eattin furdez mobill to procreation of men chyldrene The stonis of ye sex or of ye brok dryed in powder and broken in wyne provokis lybeuly.

Lyntseid and pepper maid in powder and usid in meat or drunk bot ly wayis.

Cloard brayed and soddon in sweit milk and broken at morne did lyke wayis.

The Mare.

Ye phaltod named ye mare gll doo come to man or woman yr they be
ſleeping, doo come of ſume vaill humor. Conſidering yat they gll be thus
troublit ye ſleeping ſall thynk yat they doo, ſie, heir, and ſeill the thing yat is
not trew And ſie troubloud ſleeping a man ſall ſleip out drauchtis and.
This impedimont doo come of a vapozand humor or fumoſitie aryſing
from ye ſtomak to ye brayne.
Or it may come throu ſumſkott or drokenneſs, or throw lying in ye ~~bak~~ bed
upricht on ye bak. It may com alſo of hie Rogmatik humor ſuppreſ-
ſing ye brayne and ye humor deſcending doo ſturbat ye heart, bringing a
man ſleeping, meadreame to think yat ye gll is nothing is ſumquhat, and to
ſeill yat thing ſo ſeillis not. And to ſie yat thing yat ye ſies not and ſafurth.

Remedie

Firſt loſe ye veine be war of lying upon yr bak upricht for danger of
ſuffocatiom or ſudden death. And ye keip a guid diett meatting and drink-
ing And be war of drinking wynes or ony thingis gll gender fumoſities

Of Flayes.

Pulices is ye latine word. In Engliſh it is named flayes, gll ſtanyng and
byting men in yr bedis. The cauſe of ye breiding of flayes comis many ways
As of foull and corrupt duſt, or of ye ſweatt of doggis, or of unclene keip-
ing of horſſ, halmots or bedis.

Remedie

Firſt keip ye houſe or halmot clene ſweipit, roſe no oddir ruſhes bonis or
ſprottis in ye houſe, ſweip ye houſe or halmot oft, mak ye bedis in tyme
in ye morning
Lay nae blanket on ye floir in ye houſe or halmot, and all ye flayes
will leape on ye blanket and ſa ye may deſtroy thame, and ſtrew ye hal-
mot with walk nutt leaffis and anoynt ye bodie wt oyle of bitter almonds or
wt oyle of norrott
Or lay yrtill yat growis in moſs or norrott in ye bedſtray it guid to deſ-
troy flayes.

Sobning.

Syncopis is ye Greke word or lipothyma. In latine it is named Consitio In Inglis it is named sobning, and sum dois name it passio mord. The cans of yis impedyment dois cum of infortiom about ye hezing or ye hart making opilacioun or stoppingis. Dezit comis of sum extreme seiknes. Dezit may cum of gritt hoitt and sudden cauld of gritt cauld and sudden hoitt. Dezit may cum of excessiue ioy of venereous actis ne pryasing to do mare yan ane man is abill to fozsie. Dezit may cum of repletioun or superfluous taking of meattis and drinkis. Dezit may cum of superfluous or excessiue sweating or stovis or bathis. Dezit may cum of ouer gritt mirth taking in fantasticall mattez.

Remedie.

First and chiefflie be war and eschew ye promiss and vse temperat diet yan if ye accident causs do come. Tak and eat ane race of gronegmyr or drumb ane spone full of aqua bonie or of aqua composita. And rub ye pulss of ye brayne and hird nt Rois watter and vinegar and lay on ye nose of ye patient all thingis of redolent sauour.

Ye Backbone.

Spina is ye latine word Inglise it is named Attanis In Inglis it is named ye bak bone or ye rug bone. Ill men lays many diseass as ache and sworknes and wyk pynis.

The cans of thir diseass may cum many wayis As of gritt liftis or burdingis or thraws or bruising or straikis And it may cum of excessiue vse of venereous actis. Also ane loyth or bane of ye bak may be distocatted or out of ioynt.

Remedie.

For diseass of ye bak tak oyle of ane gnid to anit.
Tak creisties of ane fox or ye oyle of ane fox gnid.
Tak oyle of stirke.
Tak oyle of Camomyle.
Oyle of Mastyke.
Oyle of Lillies.
Item anis tak oyle of nomfor is gnid and put in oyle of Alabuster.
Oyle of Castor
Oyle of scorpions
And ane schoare clayth of pick gnid.

for Inward [illegible]ing.

The sleyne of ane wedder sethyn wt [illegible] ane layd hott to ye gnid for stranbis or bressing of ye entrailld and of ye bellie comming of ane fall or hurt and sine tyme will hale ye patient m ane day, resolvyng and consumming ye blaid yat is out of ye vaynes.

Alia

The Jus of Cmula Campana wiet wt hony and anoyntod on ye sair is gude for inward bressing

Alia

The Jus of Mucis dryken is gud for em tymy gll is bresit and bro-ken in ye bodie.

Sand Blynd

Cataracta is ye Barbarus word In greke it is namod ypochimo. In Inglis it is namod sand blind gll Letis ane man to sie ye sytlw. This infirmitie comes of a gross and watery humor gll lyis befor ye sycht letting ane man to sie clerlie. ffor he can not discerne a far of, or discerne ane bow by ane man, or ane boast from ane boast. and of ane thing he sall sie twa thingis althot it be bot ane thing.

Remedie

ffirst be war of ony thing gll dois raise fume into ye hed as ryn, gar-lik, onyons, ye fatnes of fische and sicklie. And vse gargarysis and sternutatoris and be war of costy wouns and vse purgatis and to purge ye hed and stomak is pyllis of bitt and sicklie.

Compond Remedies to assuage pane.

Cremmes of guitt bred stanpit wt ye hot of ane hen sodden but salt Jus candomyll, mellilott, dyll, brane, hmyot, barly, oxygrene, Glaro bone sodden, stampit and strayned altogidder. Mak and plaister of ye roist candomyll or violettis applyit and it sall assuage ye pane.

Cremmes of guitt bred stanpit in Cowis milk, syne prossit and mand in plaister wt eyllis of candomyll, Roist, Lenus croistis, Umbis croistis, wt a lithill saffrone and applyit it assuages pane and bolnyng and Inflam of ye gutt.

Alia

The decoction of mallo, violett, hmyott, penny yrest, bourc mala of ye Roist or violettis assuagis pane and Inflammatione.

Alia

If paine be in ye bak, Roist ane apill vnder ye coillis, bruse it and streyne it wt a littill Rois watter vomand milk ye sydis of ane wall lyand nixt altogidder, seate yame a lyttill on ye fyre mak yame plaist and lay to ye sair ay it assuages ye paine and bolousis and confortis ye sair ay.

Alia

Watter of ye decoctioun of barly wame, puttis away blayknes of ye eyis and grenesis ye skin.

The milk of ane woman nurissand ane male chyld is guid to vomeing

Alia

The cruddis of gusett bird stampit in Rois watter or endyves watter applyit is guid.

Quhitt bund stampit in ye broth of ane hen or ony fresche flesche, layd betuix twa pecis of lunt and applyit hott to ye sair ay assuages paine.

To help a woman to be delyvrit of barne

The Blud of keikis soddin in watter and layd hott to ye womans nakill, and bound about hir vombe, sall help hir to be delyvrit of dead barne

Alia

The fum of sabery drobin wt thyne does sicklyke.

Alia

The mis or ponder of mynt drobin hott wt rud thyne cumis vomen wt chyld be sone and easily delyvrit of hir birth.

Alia

Cinula campana drobin amang drank helpis woman to be delyvrit of dead barne.

Alia

To help woman to be delyvrit, serth nettills in watter and stoche hir vnder and vasche hir wt ye watter lies thairin and it sall help hir to be delyvrit.

Alia

The woman wt chylde yat sittis or dansis vpoun a round cullod thyng it sall after delyvir hir of ye barne or slayn it.

Alia

Dictame drobin in thyne It will help woman to be delyvrit of dead barne

Alia

The vesing of gentiane in hir drank helpis woman to be delyvrit of dead barne

Alia

Aristologia longa stampit and soddin wt poppes and mirr and drobin expellis dead barne out of ye myddis vombe.

Alia

The seidis of carvethis thyne or tayme stampit and drobin helpis woman in hir birth

Alia

Cynus glossing negardmyrd stampit and drobin in oldermyne helpis woman to be delyvrit of dead barne

If ane woman in time of hir birth dois drink ye milk of ane ky woman pulpe it sall help hir to lustie delyverance.

Alia

Cause ane woman eit thrie or feur leivis of the palme tree and let over the fuse of thame will mak hir presentlie to be delyverit although the birth cum wrong.

A no breif treatyse of ye postilence.

This word postilence is no wyd thing, bot a vermonous infection of ye air, enmie to ye vitall spreitis of man, by a corrupt malicious indeall proprtie, and not of any qualitie Elementall yat is not self. Of ye gilt vermonous air, yat lesne yat is of evill complexiom, and repleitt of evill and corrupt humors is maist danger, and abill to be maist soddanlie infect wt yis disease.

The fourt chief and principall causs of yis disseas gif it dois aryse and grow and gitt it reignes at one tyme more nor at ane wyd.

The first cleirt and supreme causs of ye postilence Is ye will of god rychteouslie of his iust Judgement, punissing wicked men yat will not leir ye voice of ye Lord and obey and keip his comandements. Bot continewing still in yr vitious lyffis, for gilt ye Scripture is full of threatnyngis

The second cause dois depend upon ye evil conjunctiones of ye planettis, chiefly under Saturne, and Marß. & gif they be yr no- tolerime Influences ar causs of mony Infirmitis, specialie of ye pesti- lence. Saturne throw cauld, and Marß throw excess of Gall.

The thrid Reirt or causs bering influence Is ye stinck and filthie savor of breath, and ye Lucis marina breath bot ye appe yat be round about ye gilt if it be stinking, venimous and corrupt, we by drawing in ye same It dois mar drat he corrupt and infect ye heart.

Nota And ye venimous appe it self is not half sa pestilent till Infect we is ye condersatiom and breath of ymo yat ar Infected alreddy, and yat be reasone of ye appening of ye natures of men. & gif we ye ibery cause gitt our bodeis be Infected, by contagious or smitting of men we can only vyd beastis.

Reasonis cauß

The fourt kynd or cause fo ye abuse of tymys not naturall,
That is to wit of meit and drink, of slep and walking, of labour and
ease, of emptines and fulnes, of ye passions of ye mynde, and of ye immo-
derate use of lechery. ffor ye excess of all thir tymys, be almast ye
chief occasions of all ye diseases we wayne among us now adayes. ffor
all yat our meit and drink is not digested turnes anone to putrifaction
and sevill qualities, and mekill slep dois replenisse ye bodie with
gritt abundance of evill humors, and ouir mekill walking dois dry up
ye natural humiditie.
And as walking dois, sa dois Immoderat labour.
And as slep dois, sa dois rest and ease out of measure putt ye bodie
in gritt distemp and makis it apt unto yis seikned as is day lie seine.

And yfoir quha sa will be reasonit as becumis Em myne cace, he sall
weill be kyest fre infected. And if he Elmes be, he sall eastlie be a
litill help, yea sumtyme be more nature only, nocht Em self and oidenm
ye seikned.

Regiment.

The first thing in yis maist dangerous dissead Is yat ye patient
prepair Em self to God. And ye first all ayr thing is will pleise ye bettir.
And yat ye maist Soverane Remedie is to flie ye corrupt air incor-
dung to ye proberbe, Longe, cito, tarde, That is flie in tyme, flie far,
and cum sone lie againe. And to dwell in fre places of gud air, far from
fenis and marresse. And Eanfing in ye Chalmer in ye morning ye
wyndis, ane winde toward ye east open, and ye ane ye west gois down, ane wyd
winde open towards ye nocht to ressaves ye air. Bot in no wyse open towards
ye south, for ye south air is evill ye tyme of pestilence. And it is gud to
rectifie ye air in sommer by sprenkling ye Chalmer wt vinegre and rois water.
And in winter to kaes ane gud fyre in ye Chalmer of elene wod, and
putt in it Eastand Nitre Laurell tree Iemper tree, and ye specialliw
in ye morning.
And it is gud in sott tymis to strew ye Chalmer wt willois tree leaffis
and sic wyd branches as Rosse violettis and vthirs odoriferous flouris.
And in cold tymis take sugre Laurell myrt rosmett balme roses gal-
linga and vthir tymis ye may carry about wt ye in ane clayth to take ye
smell of tymis.
And above all things Eschew yat abomin wt barne and thir ill ane
sustenance in

Suffocatiom of ye Matrix or cattard Call no sicodors ȝ^t^ may
putt yame selffis to ony dinger or displeasure.

In colde tymis it is guid to hold myn mouth Settuall, cammell, cloverd,
semula campana, the rynd of a tytrone or orange or ony ane of yame as
may be had

And it is guid to beare upon yoe pretious stonis if ye haue yame, sic-
callit a Jacynct, a rubie, a gernett, a smerald, a sapheir, ȝ^t^ haue a
speciall vertew ageanis ye pestilence. And they be ye strongar, if they be
borne nict ye naked skin, bot cleiflie upon ye fourt fingar of ye left
hand, for yat hes gritt affinitie wt ye heart abone vyd is menebord

Nota And as for yame ȝ^t^ be coutmandit amangis ye scrib of yis
disease They sicld above all tymis bene yame from ye breath, and stand
not betuix yame and ye fyre, nor to smell ye odour of ye scouathis nor wryngis
nor vomettis, nor vyd ceremonie of ye bodie, nor to eatt and drink wt
yame nor in yair nocht hous nor to ly in yair beddis nor weare ony of yair clothis
except they be weill clengit.

Ffle fra all stinking and corrupt places, and bene ye lang cleine dycht
and sclesit, and yat na dungis nor dead carioñis be cast in ye streattis
for thir ar anoügh to infect ye air and bring mony men to death.

And during all ye tyme of yis disease thair aucht to be no gritt fyreis or
hatt stobis vsed bot forbiddin, Till they sie ye danger past.

Anent eating and drinking.

The meatt suld be verry licht of digestione meir in sommer yan in vinter
alwayis haifand regaird to ye complexiom and not to eatt till ye haue ane
appetyte.

Evrie repletiom is to be abhorrit, diuersitie of meattis not allowed,
Eatt sic meattis as best dois necessis ye bodie and lichtest of digestione.
As cleine holesome bread, and not olde nor soisted of ane day or two dayis
olde is best.

Abstene fra meattis of evill taist, eftir they be lang keipit.
ffra stinking fischis.
ffra meattis yat be tynsie seasonit
ffra thick troubloue rouisett vbyndis
ffra stinking matteris of Marrosse

Na myster is ane nobill thing in tyme of pestilence, if ye haue none vyd
eaud to latt yair to rosse alsweill.

Ane Nutt is callit ye Tynabile of fischis. And is sayid ffair, a nutt
and a pery for tabim afoir dennar preserues ane man fra all maner of persons.
Sleip not on ye day tyme, for it is verie hurtfull, and if ye must
needis other to vyrk, than sleip sitting vp in ane chair in ane cleine place and
licht not in ane bed.

Exercise.

Moderat exercise and labour is very necessarie for preserving of health, according to ones mainis age, custome, and complexioun, and strenth. prouyding it be done at meit and at ewin before meall and meane place of ymaire

Quhen sayis that he only aught to abstene fra labour yat nathing regardis ye health of his body, and giuis ouer ye hous seruandis till ye sone rise. And if he chance to gang amangis a multitude of people, haue ever sellerall vpon yair, and be chaung[e]d in ye mouth ostymes it is exceiding ymd.

Emptynes and fulnes.

It is holesome euerie day to procure ye doctie of ye wombe, If ye can not naturallie, to serue nyis meanis, as be clyster and suppomtour for keiping of ye superfluitie, is myis tyme very dangerous. And during yis tyme thay yat lacks euacuatioñ suld not be cured nor stopped.

Nota, excess of watsum is exceiding perilous, bot if ye can not vomit yr self, tak ymd yat ye do nothing ifor ye first digestioun, and yt natur proboik ye.s. For watsum sic excess is wrang ye body mair, ȳin ye suld be lett blaid 4 tymis. Amen.

To knaw ane infect persone.

If ane man feillis ymself infect, thocht all tymis remember god, for yis disease is tremebling of ane ey may bring ane man to death.

First taik in his extaris, flanbis or vnder his neck yr be ony apostimis or scheillis, or if mony spet of his bodie yr appeir ony grene blak or ewill collourod sair, for yat is ane signe, ȝe nocht faillis bot ye persone certanly is infect

Notwtstanding ather persone infected, wt yis pestilence lies not sic byllis and sairis

Therfor ye must tak hid to ye nyi signis following.

The secund signe is, If ye feill grit prickling and scheting throcht out all ye bodie, and specialie mony of ye hiar clongning places to wit the neck ye extaris and ye flanbis.

The thrid signe is ȝ[e] ye feillis ane grit and outragious heatt in ȳim as if ye war in fyre, ȝe heatt spredis throcht all ye bodie. And nyis tymes ye aryse, sic ane cauld, ȝe makis ane mane to schark and tremble as if ye war in ane feuer.

Bot mony tymes yay feill not sic heitt outwardlie, bot is all wt in makis grit as if yay brunit, wt grit heavynes of ye heid, dreynes of ye mouth, and ye tome hyrst. ȝe by mony ar compelled to stop eirn for very labour of ye spreitis

And some tyme yay walk and ar out of sight, lyk as yay war fallen in a sle[e]p

ye feuer is

The sonne is ffull of grett vapours and fumes ayse out of ye bodie & man is in ane bath and wald faine sweatt bot ye can not

The first signe is ffe ye patient can not draw his breath easilie, for many time is so strait wounded yat ye can not speake, and & ye draweth his eyne it is wt grett pane and difficultie

The next signe is vehement pane and dolour of ye head, sic as Lues vsuit to be in a frenesie.

The second signe is grett desyre to sleip & many can not abstene Emselff nor can not be keipt walking of ymes yt ar about Em

The eight signe is chainging of ye spett, for sumtymes it turnis to ye patients wyd & it war ane zallow colour, and sumtyme ye thinkis all yt ye seis to be grene.

The nynt signe is pane of ye mouth or ane vnnaturall tast bitter sour and stinking.

The tent signe is oftymes vomitting bitter and of diuers colours

The ellevint is heavynes and dullnes of all ye haill bodie sowning and wairines of ye lymes.

Thir ar ye speciall tuikins to goe be if ane man be infected. And in tyme of pestilence & ye feill yr self in ony thing diseased, drye not fruth ye tyme, tuiking trll yr foirsaid signes sild appeir, nor stand not doubting wither ye be infected or nott ffor ye may be assurit That sa lang as yis diseas reigne in ye cuntrie & ye ar, ye sall have fors or ane vthir infirmitie, bot ather is pestilence thrwch, or wilbe in a schort tyme. Therfor eschew ye pestilence gudelie, for alsone is many vthir infirmitie do ayse ye pestilence abaithis and good away.

Nota Quhosoever cloyde in tyme of pestilence be vomit wt vthir ye may iustlie affirme yat he is infected. ffor it is a mater so disposed to ye pestilence even as bryntstane to be kendled of ye fyre.

Nota ye patient sald not keip during ye first xxiij houre and in ye tyme yat he resaveis his medicine.

Quhat bleid letting ventosis and purgatioune.

Bleid letting is one of ye chief thingis requyred in ye cure of ye pestilence Prouyding it be done of ane wyse and expert Chirurgean.

And yis is ane generall reull That in tyme of Pestilence & bodie is infect ye may not haldin respect athir to ye signes ye day or hour that guidis ye mone be it or not letting bleid in ye [illegible] of god

And yat ye

And yat yat be zoung men and Sanguine That haue abundance of flesche and blaid meingled wt nyf Humors suld blaid sumqt more in quantitie allwayis hauing moderac'm that ye tak not ouer mekill at=anis, bot haue ey to ye patient yat he be not ouer mekill feblit & fayntid.

Also it is to be noted That ze may not lett blude of any seasone wt'in ye age of fourtene zeiris nor of auld men abone sextie zeiris nor of bome yat be gritt wt clykis, speciallie nane to yis tyme nor q'n yi dois purgac'm is vpon yame nor of yame yat be nawise dolychit, nor wt in a ouklis or tua after hir purificac'm, generallie to name yat be waik and feblit of bodie

It is also gud to lett yame blaid lyng on yi bakbid quhom ze thinke wald gree fayrlie standing on yi feitt or sitting.

And yat na man sulde be deceavit Remember ouer mye pestilence to lett blaid on yt syde yat ye sair is on and not on ye contrare syde mony wayis for yat sulde draw ye humore ouirthort ye members Spindall and so destroy ye man vtterlie.

And before ye blaid lim It is gud to gree him sum gude and lobsome medicine ay and quhill sic as sall be declarit hereafter.

Nota.

If ye Botche appear vnder ye sare Lett him blaid in ye lord bayne of ye same bayne arme or on ye Branche yat gll is on ye Hand betuix ye middill fingar and ye nict adioyning.

If it appear vndir ye thrott Tak ye same bayne, And in a quhyle af=ter it is gud tak opon ye bayne vndir ye

If it appear vndir ye oxtaris tak ye bayne callit Mediana gll is betuix ye lyd bayne and ye lowr bayne

If it appear in ye flanke tak ye bayne Sophena gll is about ye Ankler on ye Innerside of ye fute.

And if it can not be fundin tak ye branche yat is betuix ye mekill taa and ye nixt

Nota Letting blaid to women is forbidden of yt bayne q'n they be mensalie.

Ventosis.

And to thame yat can not gude be lettin blaid ze mist mak thair apply Ventosis thus.

If ye botche appear vndir ye sarie or about ye thrott, apply zour ventosis befine vpon ye nech.

If it appear vndir ye oxtaris apply it vpon ye schoulderis.

If it be in ye flankis, apply it vpon ye Buttokis.

Remedies preservative.

Against infectione Take and eate preservative and a thing will be accepted and condemnitt to tak and eitt ill morning fasting, ane dry fig and ane ball nutt and four or fyve leaffis of Rue chopped altogidder, and to drink ane draught of gud reid wyne yon

Alia

Mithridatum is ane gritt medicine agains all kynds of vennome and was first devyse be ane king called Mithridate. And qn he was dead in a battell was found written in a bill in his proche coffer this in thir words following. Take ane leaffis of rue, ane salt feggis, ane balnuttis and a littill salt. Whosoever eattis of yis selbe sure from all kynd of vennome yat dy

Alia

Some wyfis does tak in tyme of colde ane clove or two of garlik qlk is called ye Husband mans treacle, and efter drink ane gud drink of wyne

And uthir tymis tak and eitt a few leaffis of scabrobis and drink a draucht of ye watter stilled of scabrobis, for it is excellent gud in all complexiones tymes and ages.

Ane gud preservatives for comon peple.

Take ane unce of rue leaffis, half ane unce of gud feggis ane unce of semper vivis two unces of ballnuttis pylled, four unces of vinegar and ane gud quantitie of saffrone, Stamp all thir tyngis togidder and put yame in a layne pig or a glass fast stopped yat no air pas out and if ye tak ydof ane quantitie in ye morning upon ane emptie ponit ye quantitie of ane bine or more ye selbe sure be goddis grace not to be infected in ccccim Yours ybefore.

Alia

Take Bolazuyne yat be fyne and not counterfittit ye quantitie ye will and grynd it in fyne powder Then waste it in quhyte wyne or in Veils water or in Buglos Scabrobis wormott or scabiose watteris or ony of tymis, afterward Dry it and ponder it againe, and do sa twyis or sex tymis abone wasching Drying and pondering it againe and yan sett it up in ane clene box tyght till ye be bird and use it.

Men of hott complexiom yat will use it must tak ane stonefull ydof in vinager or scabrob watter.

And thay yat be of colde complexiom, may tak it in a littill wyne or scabiose watter thay ye morning for it preservis ye bodie from all corruptione, consumed ye superfluous humors and dryes away in ye vennome from ye hart.

A nu gwid Receyt

Tak ye rwitt of tormontill dryed out of ye sowr of saffrone and of mustard sed alyk quantitie of albane, mak ym in fyne pouder, and temp it w^t ye hyd of tryacle yat be fyne or of mothridatum w^t nw littill strong bwger in maner of ane opiatt, kep it cleis^t in ane earthen wes= chell till tyme of need and wse it ye nycht of fald and dragine drainis.

Alia

A breen sayis yat gilsoddar taky ane onyon and drink it in milk fas= ting in ye morning for sall be sauf yat day from all infectionis of ye pesti= lence Therfor sum wse to roist tua or thre onyonis and eit ym w^t bwger and brom toisted breid mot ye hart afoir thay enter in ony suspect airis and sall be fred haill in yat day.

Alia

Tak semper herrois pympnell saffrig yat be grene bettone pulegry and sowrokis of albane alyk mekill, stampit togidder and sodden in bwger and tayn in maner of consait and wsed in nycht gud.

Semper herrois Bolarmyne alyk quantitie, stamp ym and strop ym and mell in oyle and bwger or eyimell and wse it, in quantitie of ane chestane, and yeft drink and draucht of fore mell gemell or wyne is gud.

Alia

Ane gn^a yat go furth in company wse to hald in yr mouth ye stem or sordo of acytrone or orenge, and haif upon yat camell cleris settuall and thak in yr mouth.

Alia

Or rwitt ane wattersponge or naipkine in Malwesy mustady or aquavite and hold to ye nose.

Ane gud drink.

Tak frus of sowrokis wery cleine 3 unces bitter or sour orenges, gnid quyte wyne cleir bwger Rois watter of albane ane unce, Mak yrof ane drink and wse it putting yr to a littill sucour.

To cans ye venome sweatt out.

Tak gud tryacle or Mothridatum a dram bolarmyne yat be fyne in pouder, half dram scabiose watter two unces watter of bugloss or borage ane unce, Mak yrof ane drink and wse it, And albeit try= acle or Mothridatum be of gritt effect in yis behalf, yit thay ar not gud for tyming cyldrene nor women in barne, And ye wse yrof sall not be oft tabin nor in gritt quantitie.

Alia

Tak wylde sowrobbis & grauntt w3e will, stomp yame in wmegar 18 houris, stik yame in ane stillatar, and gif ane3 hes ye postgnis him of yis wattar 3,3,or 4 spownfull wt in sex houris efter he mfast, and it sall gar ye byle breik out wt in sex houris yfter

Alia

Tak rebitt of lilly, clowe wastim and sodden in gnew wyne mto ye half and gif him to ye sek man to drink, and he sall breik out all mett blistris als he war scaldit wt hett wattar, and yan sall dry rop and he war haill

Alia

Ane approvit medicine for all maner of pestilence. Tak ane oinpom entt it ourthort mak ane hole in ye half, & ye sall fill wt syne tryacle, sett ye halffis togidder agane, wrap it in ane wett lynnyn clayth, and ly it vnder ye armeris to roist, and gif it is roisted mone3 pres out ye mvd yrof, and gif ye patient ane spounfull yrof to drink, and he sall sueit fra self ye better and be haill.

To know be outbreking of ye byle gif ye member is infected.

If ye bemone ourcum ye hart, ye byle sall appeir in lid e thygh placis gll is vndir ye ettar.

If ye bemone ourcum ye lyar the byle sall appeir betuix ye thie and ye bodie in ye flank.

If ye bemone ourcum ye brayne or harnis the byle sall appeir vndir ye eare or vndir ye chin.

In ye forsaid placis ye byle sall appeir or nerhand by.

Alia

Tak ye croppis of Rois ane lyd of gurlis ane handfull ane cop ane of salt and eitt ille morning fastand in tyme of pestilence ilgnid.

Tak ane viol and glas and fill it full of tryd zet of syne tryacle & gua bite, ane vthir tryd zet of ye vryne of ane zoung man qlkis zet is a virgine and in gnid health ane vthir tryd zet ane altogidder and gif ye patient yis to drink thre morningis ilk day a little glas full Qlk had proben in deyd In anno 1504.

Alia

Gif ane is in ane man seikit himself infected Tak ye best tryacle yt can be had, and efter he hathe schittin dovn ane zet yrof, Tak of ye same tryacle ye quantitie of ane hesane and lay it vpon ye sair zat begynnis to ryss and sueit and rub it weill rovnd about wt ye said tryacle and mount ane nit yrefter ze sall tak ane dow and open for ane gnid feddir yrof

Quick seeddes and all, and lay it soft to ye sure, and sett it by ym
till ye see ye meat of ye dock be waxin and becomin grone and ye trey-
ackle rod then take it of and ye sall see yat of ye dock sall cum and
grone watter gle vō ye bemone yat was mit then take woz mett and
bair crosse ye tempe yame and lay to in maner of plaister.

℞ Lin

Take ane sucke of ane gryfte or anyone lam bnagor ye fus of eeb and
Millifoly of ilk ane quantitie, mix all thir togidder and gif ye patient
to drinke ye treacle of ane glass full sett and yat it be giffin vp in se
hours after ye seik was take tane ym and thaftir lay ym in ane bed
to sweatt and yis sal bene fundin ane gritt expermont vpon diuerss
mē.

℞ lia

Take wall nuttis qlen thay be grene and tender, stop yame in ane
gor 8 dayis, yn braik yame in peces and still yame in ane stillator
and of yat watter gif to ye patient ilk day half ane glass full, and
thaftir sett ym go to bed and sweatt weill this is probed.

℞ lia

Nota in ane suspect tyme of ye plague Take pullioll and succorz Roo-
sett and mak ane Electuary thof gle ye sall rise to eitt at ye brokfast
ilk day ye quantitie of ane chestane this sal bene probon and sōnd gud.

℞ lia

The berreis or seidis of thir gle grocis vpon treis or wallis toward
ye north and gadderit als sone as thay may be had and dryed in ye schadow
Mak ponder thof and kep it in ane boist of tre till neid be, and quhen
ane man is infected Take of ye said ponder vbsuwell as will ly vpon
ane, putt it in half ane glass full of quhyte wyne and drink it then cober
ym weill in clothis in ane bed and sweatt And if it may be chang-
this sarke and sheittis as oft as thay clanthis. Sum in using of this ponder
sonde yame self weill in ye morning, and throchly cured.

℞ Applicationis of ostrian Medicines.

Lor it is to be noted That no maner of plaister repercussive may
be sett to any bothe of pestilence, But alssone as it is possible, after let-
ting blood It is gud to take ane onyone and mak ane hoill in ye middis
thof fill it full of gud treacle, stop it and sett it to ye fyre to roist as
it wer ane apill till it be tender then lett it cule a litill and sett it
upon ye bothe sett And qn it is cum ye thrid hour ye by then
remoue it and sett it to ane vther

℞ Take ane

Tak ane cob and pull of ye feddoris about ye fundament, and putt a littill salt nit, and sett ye fundament upon ye sund botche, keping ym on ane gud fuyr, and stopping mony tymes ye botell yat ye end may be calsyn in, and lett ym blaw again. And if yat cobdois nocht sufficis gif to tak ane uther young cob and spold ym guicke and ley to ye botche and gif it is taken away to cast it in ye fyre and not to tak ye sauerydoss gif it is nocht knawin for yat wer very dangerous.

Alia

Ane plaister maid of feggis, soure leaven, Raisings out brynnis all bruyst and tongyit wt oyle of camomyll and applyit is gud.

Alia

Tak ye leaves called cracfutt Stamp it and ley it to ye byle, for it is very fott and will mak ane blister in ye skin and fall brok ye byle and keipis it open mony dayis eftir.

Tak asse of ye aiken tree brynt, seith it in ye oly ees wt a littill blak sip and gryble lyme tongyit altogidder, mak ane plaister yrof and apply bot yis is not to be vsed, bot in strong complexionis.

Alia

Ane gud plaister to rype ane byle emmyng of ye pestilence. Tak wachis xxiiis of holly hobe and ompnis, iis asch ley xxiiis ane saip xxiiis mirabolanis Syne bray yis in ane mortar wt poudir of lugett and of somgrobe wt ane gud quantite of saynd creisthe, mak ane plaister yrof and ley on ellevin day anis.

Alia

Tak gryse Dyptany ane vnce and half, nallmutt xxiiis ane vnce xxiiis of carsis half ane vnce, of gryse ompnis tua vncis, seith ye xxiiis in water, and roist ye ompnis apon ye coillis, stamp altogidder putt to of oyle of camomyll thre vncis, wardsett ane vnce, Mastick & drammis, wax als mekill as sall suffice, and mak ane plaister or oyntment yrof, for it ryppis ye botche in ane short space, and consumis ye hemmis, and is gud also well for tymy men as for olde ane and ffor it be ryppe gar perse it, and efter ye perse my yt be gritt ane bont yrin and putt in ye fuyr to dase ye pane. And efter ye bynding of ye place wt ane sall maid of yolkis of eggis and a littill lome of Raisings

Note And last of all for ye Spyte to Incarnatioun Tak iiis of dasois, and wt a littill wax, mak ane oyntment and vse it. Provyding alwayis that it is better to brek ye fuyr and lett out ye byle be tyme yan to ley for ye tymy lang, Lest perance ye hemmis bring mo hidder gadder strang by ye putrifactioun and so wt ane ay ane to ye hart. Quhar for sall not to oppon it.

Chirurgicus

Carbuncles, antrax.

Carbunculus is ye Latine word. Aeton is ye Araby word
Carbunculus is driuen fra carbo ane coill, for it is ane kynde
of bolement with is ane burning coill.

The cause of yis condoulk is ane ye pestilence or infectione doos breik
out and yat maist speciallie in ane of ye places, quair ye thrie puryng
membris lis yt puryng places. To wit, The Brayne, The Heart, the
Lobe. And yat is maist condoulie, vnder ye eares or in ye nocke, or vn-
der ye thrott, or in ye oxtars, or in ye breist or in ye flankis of man
or woman.

And of Carbunckles yr be fone kynds to witt.
The first is blak, quhk comis of a melancholie and bomonous mat-
ter and is maist dangerous.
The secund is red and cumis off corrupt Blood.
The thrid is of a glassie cullour and comis of Collor.
The fourt is of a sweart or dym blak collour and comis of a brynt
collor.
And if a carbuncle do appeir and breik out of ye flesche, and af-
terward returne into ye bodie agane It is a signe of death.

Nota

And if ane Lesone do bomitt and at ilkey slippery, and ye pulse
changit in a cauld sweatt and in alteratione or changeing of cullour
and in ane bolement poder it is ane signe of death.
And therfore, if ye sair be affrict It is guid to tak purgatione ac-
cording to ye age and strenth and to draw bleade in ane comfell of ane
Physitian.

Ane plaster.

Tak dowis Dongue thrie vnces, stamp it in ane mortar and lay
to ye sair

Alia

And to brak ye Carbuncle Tak of dasies half vnce, of canca-
nder ye weicht of tua pennies, stamp yame togidder, and lay to ye
heid of ye carbuncle. This will cause to change ye corruptione and
mundifie ye sair

Alia.

The iuice of ane ky tenuent in ane quantitie of salt applyit to
ye sair it bes and and dois tender it all lene and ye spreid of ane Dey

bey breidis

Lock Lotche ſett wpon ye ſaur is gnd Lykewayes

And

And to bring out ye bemone Mak ane ſcripture of ſome Leaven
Salt and camphire and apply, ȝe will brok ye ſchyn, And ye langer
it be holden appon and zimming, ye better. And ſettit on ye Muſcle
of ye nect armes on yat pt ȝe pulſe lyes, but not on ye pulſe it
ſelf, it will mak ane blister, ȝe ſe ſall Immediatlie cutt of, and hold
it ald lang ryning als ȝe may ye better.

To mak Ballaggans Salve

Tak wabreid leafis Rompe leafis Elder leafis and of ye gluit of
ye beirs dorbay all gadderit in May ſtryp ye gnde garbe ſmall
aboue ſett apart tak ſtrik greaſe if it may be gat and ſalzeing ye laſt
ſtryp temper ſtryp alye of hem ſmall and melt it ȝe laſte drap
it grow and rlobe hem put in ane of ye ſtrik garbe ȝairin and ſtik
men be perſaue be ȝair bemming dry and roaſte ȝe laſte drap ye ſame
grow and rlobe ayaine hen vſe aboue ane of ye ſtrik of ye garbe in
mener ſtrik be ye firſt and ſyngen ye laſt ſaul is paſt grow ye
rlobe ſtrik ye greaſe to reaſt ȝair weirge it and take ye alyke weirge
of gnde wale and of roſette alſe mirge all of bothe ȝour greaſe and
wale, ſtryp ye wale and bruiſe ye roſette ſmall melt ȝour greaſe
ayaine and mege ȝairwith ye wale and roſette at hem all ſtik togidder
ſyngit ȝe ſe ſufficientlie mixed and melted ye laſte pas all grow and
rlobe ayaine and being put in ane conbenient boxe keipe ȝe ȝour
ſelf

Ioyne alſo to ye garbe ſowrſedge alyke gnantitie of
tormy mallowe and alſe mirge of gnde ſtrik of aboue and of ȝair twa
alſe mirge all of aboue and of ye garbe fairſedge Remember at ye ſeithing
of ye garbe ye laſt tyme ſyngen ye wale and ye roſette it all ſoddin to-
gidder yat goode gaird be taken ſyngen it ſtrikit in ye ſpreas yat it ma
not ober otherwiſe all it ſe morgl ȝairſpin ȝe muſt put it on and
ſaibing ſpreas and ay ſyngen it roſett nit muſt be taken of ye ſpreas
if it be ſe yat ye boxe ſpin it be ſoddin be morgl alſe lang tyme it
ſyngen it roſett and ſyngen it ſaibit it muſt be ſet on ye ſpreas and
ſuerly ober ſyngit it abyd ye ſpreas ſe yat it fall and roſt not ayaine
and ay and ſyngit ye ſtimme yat it aboue melt all anay ſe yat it be
morgt ſome Remember at all tymes bot firſt and laſt yat ȝe re-
member ober to ſtirre about ye ſyngen nit and ſtibe ſe it be
be amiſs ſyngen it it man be taken off ye ſpreas be mege tymes
and turnings of bonire if it may be gnd obſerwande romany
turnings.

Ane excellent

ffor ye Cratch.

Tak ane gnid gruntitie of sparcoart bomg brayd, or of ye reid= wittill bonig watt is watter, ad will cover betuix ye bolt and ye gartane and ly yon ane kaill nyett thairefter the sam bomy raisit be abundance of watter ye sall lett out ye watter ad ane pair of sheird. Thairefter ye sall tak ye grocend of ane staill bam, and ye samin bomy lett in ane pin ye sall putt ye samin upon ane plaidmy clayth sa lett ad ye may thrill and lay it to ye fair yd to rem ane ye space of ane nyett, and renois ye samid rub bay for ye space of 6 or 8 hyrd yll is ane proben remaid for ye cratch

Ane sailzeng all the patient sall tak ane gruntitie of Cancarde and bind it under ye fair a litell yll will caus it draw to ane scabling syne lett out ye sam scabling and lay ane wodbind leaf yon sair.

Kallyg ane Sair ather for wormis or Inerius.

Tak of sootie kaskit schorne ad eaill ma yan ane peck to ane pund of butter clengit fra salt, efter ye butter is moltit cast tua or thrie handfull of ye schorne koarbe into ye butter to drink it up. Efter schortlie ponre into ye pan ane clapp of fair watter upon ye butter and ye koarb t mak yame saith and t kep ye hoschell and ye rest rounbrint Thairefter cast in ye rest of ye koarbe be handfull yll ye cast it in all ye lieone with tak yame, sua lett yame saith togidder till ye koarbe brentlie and ye substance t be soddin out of it, Thairefter saith it thrie ane eleuth and ye koarbe from it putt ye rest in ye pan agane and lett it saith yll ye watter be soddin away bt ane sailing syne yll will be about thrie or four houris space, bot sone ye watter is soddin away ye rest will caiss, Thairefter ye pan by in ane dry place yll it graif, tak it out thairefter, and tak ye dreg yat remains be= nethe fra it, cutt it in peces and cast it in ane clene pan to melt. Thairin tak ane pund of nakt, and als mekill rosett, bray ye ane and schore ye tothir, melt yame yll ye butter and ye koarbe be with mixt. In thir ar lestlie moltit, tak ane quarter of ane pund of bargis & lard and cast it in ane ster it about, Thairin tak it of ane saith thairefter ane clayth and yan ye lat ye sair.

Doctor Marrulle his water against the stone

Take crystall of the rocke and make it red hot in a goldsmythes potte
prestelle oft quenshyng it in the oyle of tartare. and it will breake in peces and
geue him roūlenes take it out frome thence and put it in rectified; and fyre
it and quenshyng it in the same oyle of tartare, and it will become soft but it
will bringe will become small poūder then unto that poūder with twyse
asse unto Salpeter. put it in a hye goldsmythes potte and put the potte so
fire ponge in a verie violent fyre then take it out and let it stand to coole
one hole day, ye will find the crystall goe together of a bright blew colour.
let that stand in a gumed and warme place, and it will grow soft. then take
a pynt of the oyle of vitriol. fyve pintes of water unto them together and
put them in the goldsmythes potte with a verie easie fyre of it will be dissolued in
water then take it out of the water and dry it and bray it againe. and
unto it againe of fyve tymes asse unto Salpeter and burne it againe and
ye shall be sure in time reuiued and put it in the same water and ye will
get more of the crystall which will be mixed with the [illegible] water.
Continue to vse ye gumo dottin the most part of it the will make non=
drunk of such if it be vsed prouided taking a little of it in small coin
or nyne

The veriall of Doctor Malbrancke his albin

Crystallum rendunt olea tartari & lixiuia ex linguentibus, donec non emicet
efferuescentia fiat, cor primum fragile est minimaque bilinea tenuissimum pellucidum
albi. qui 24. quod aliquis omni alcalino, huiusmodi rubrimandi est, postmodum
dicte quoque rubrinatio reiteratur donec ab illo fiat salis armoniaci aliquotiens
sublimandi abstrahitur vt in eo longe maior sublimidi vigeat, postremo rum
sale nitro donec rubrinatur, deer in eo gratissimo colore ceruleo rubescentiatur, hinc
quo fit, berum in frigido et humido loco mollitie rerum aquat, rum eo beatum
est partis regalis magna et pauco stibialia ideo aquis salis misce in liquorem
redimitur. finis hoc vltimus huiusmodi est omnium carmelo berati

Spiritus nitri sic fit

Recipe fiquidissimi quantum placuerit alcali purgatissimi nitri. 3. reiteranda impositionibus in-
ignis calido ardentissimo vt primum vltimum effluxerit reperit, vitreum
superimpositus, tunc tumoris ne plurima effluxionis reperit, vitreum
fragilem nitri ne vestrum deficiat, quod semper calcinationis, postea quittatum
tenet aquis copia placeat. Empta remedium libri veteris medicinis,

To make a good and comfortable drinke

Take claret or white wine that is verie good a quart Camuth.
ing of cinamon one inche and a half, sugar one ounce ginger half
one inche, nutmegs half one inche, beat all these some what grosse
and let them stand three dayes in the wine being close stopped
Then straine it and keep it for your use it is good for the
heating and comforting of a cold stomak

Receipt of the blew plaister

℞ emp. diapalmatos libr ß pulo plumbi ℥ß ol rosar ʒß f. cui sup. pulueris
ij misceantur et ponantur in mortario plumbeo ft. empl. f. ea.

194 (wet.)

Osler
Room
folio
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